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Carmel Valley Sun

FREE

January 9, 1985 — January 22, 1985

Photo by Debi Effron.

Aikido the gentle art of self defense. — Page 8

Land trust gets first donation — Page 3

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LETTERS

Letters to the Editor are welcome from our readers. They must not be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

Stop Name-calling

It seems each successive edition of the *Sun* has contained letters about the proposed ComSat expansion which have become more emotional in nature than helpful in clarifying the issue. I feel it is time to stop the counterproductive name-calling and finger-pointing so a reasonable and informed decision can be reached. Who cares who sold the land to ComSat? What difference does it make how good a neighbor ComSat is? These arguments don't mean a thing if there is a health risk involved with the proposed expansion.

At this point, there are two concerns I have which have not been addressed by either the EIR or ConSat. First, a most basic law of physics teaches that microwaves (as well as all radio frequencies) MODULATE when more than one beam exists. Modulation, or "hot spots" are random and unpredictable. While the present antenna may pose no threat, there IS NO WAY of predicting levels with more than one beam.

My second concern is that so little research exists on the effects of LONG-TERM exposure to microwave radiation. There are documented cases where research funds were cut when researchers opted to study long-term effects. The "guilty party" doing the cutting was the government, in the form of the military. NO ONE can truly say what is "safe" and what is not, because there is no data available to back up any conclusion, pro or con.

A recent accident in my family (Thank you SO much, Cachagua Volunteer Fire Department!) brought home the fact to me how dependent we are on our neighbors. It's time we remember that and *work together to make the best decision we can for ourselves. Malicious and hostile communications only divide us - we NEED to be a community.*

Irene M. Crane-Franks
Carmel Valley

In Perspective

A friend sent me this article from a recent zero population newsletter. It was helpful to me in putting the Ethiopian tragedy into perspective.

"Ethiopia"

"Our nation's news media is noticing the tragedy in Ethiopia where the economy is teetering close to disaster. Drought, a breakdown in transportation and guerrilla warfare seem to produce the ingredients for collapse.

"The United States is helping Ethiopia with large amounts of food, but the devastation and horrors in that country will still continue until we start to look at demographics.

"The average woman in Ethiopia has 6.7 children. The population is doubling every generation. It is now 33 million and at the present rate, it will be 50.6 million by the year 2000, just 16 years from now.

"Ethiopia is a food-deficit nation, and there is no possibility it can change that in the foreseeable future. If its population doubles by the year 2000, its food imports will have to be massive. The likelihood of its being able to export nonfood commodities in sufficient quantity to provide the exchange needed to pay for these imports is also very low; it is on international welfare now and will be more and more deeply dependent with every passing decade.

"The Ethiopian government needs an early warning that international assistance cannot continue indefinitely. The Soviet Union cannot feed itself. The United States is almost alone in having food for export. Recent studies on the U.S. energy/food relationship indicate that our food surpluses will have vanished by 2000; thereafter we may well be a food deficit nation ourselves. Where is all the food to come from?

"The government of Ethiopia has stated to the United Nations Fund for Population Activities that it considers the current rate of population growth to be satisfactory! It hopes to cut the death rate, but is unconcerned with the birth rate. It's family planning services will be limited to maternal and child health care, which will increase the survival until such time as starvation carries off the beneficiaries.

"If we are requested to help in emergencies, we have a right and a duty to ourselves and the starving peoples of the world to insist that recipient governments establish liberal policies in family planning and be aware of the need for population stabilization. There must be an awareness of the interdependency of resources, food and population. Our agenda should be that if we give food-aid, there must be a guarantee that the receiving nation will work toward reducing their fertility rate. This must be done if we hope to be both compassionate and realistic."

Barbara Livingston
Carmel Valley

Ban Burning

On January 17th, the Monterey Bay Unified Air Pollution Control Board will hold an open meeting to determine if Rule 407 should be modified to ban open non-agricultural burning in Carmel Valley on parcels of less than one acre.

I am opposed to this change not because I favor burning -- I strongly oppose it -- but because the change is totally inadequate to correct a serious air pollution problem many of our citizens are unaware of. The Board should be asked to ban all open non-agricultural burning in Carmel Valley for the following reasons:

1. Meteorological conditions exist in Carmel Valley similar to those that have caused severe air pollution *in Los Angeles, Denver, and Silicon Valley. We are prone to temperature inversions.* Certainly we know that particulate material from open burning of wood products acts as a catalyst to compound the ozone pollution, which is increasing each day as the Valley becomes more developed and auto traffic increases. We can prevent the potential smog condition that is crippling these other areas only if we take action NOW, before it is too late.

2. A health hazard already exists! Some are saying there is no health hazard simply because the allowable levels of ozone and carbon monoxide have not been reached. We do not know what the levels of particulate pollution are because they have NOT been recorded in Carmel Valley Village for the past two years. As a physician and as a former professor of public health I can speak with some authority on this subject -- although my role as a "canary" is much more to the point. Certainly from a clinical point of view a health hazard existed on the days I have documented. If those of us with respiratory conditions cannot breathe; if people with contact lenses must remove them, then a health hazard exists. It is like saying a person does not have pneumonia because his temperature is only 102° and not the usual 104° or his white blood count is only 10,000 instead of the expected 20,000. We in medicine have come to realize that the clinical situation is more important and laboratory standards only have a supporting role in making a diagnosis. Believe me, a health hazard exists now and with each day this polution continues all our citizens are at greater risk of developing emphysema, lung cancer, and other respiratory diseases.

3. We have existing laws on the books which, if they were followed by the public, could correct the situation. But the public APPEARS to be only interested in their "right" to burn, irrespective of the consequences. Is this because they are not aware of the consequences and believe that you in authority are taking all possible measures to assure them that when you say this is a permissive burn day, they need not worry about such things as polluting our environment -- you have made it safe -- you say it is o.k. to burn?

But these existing laws cannot be enforced and, therefore, have no meaning -- a further reinforcement of the lack of a need for concern on the part of the public. Neither your office nor the local fire departments have the personnel or the funds to enforce the law. In addition, the C.V. Fire Dept. by their own admission has no interest in clean air, they are only concerned with fire hazards. Therefore, why put laws on the books that aren't being and cannot be enforced? Only a complete ban on all non-agricultural burns could be enforced.

4. Most of our citizens are not aware that the determination of burn days is made in Sacramento, by the State, based on meteorological determinations throughout the State. The nearest readings to Carmel Valley are made in Salinas. Therefore, since our meteorological conditions vary greatly from Salinas, a burn day can be designated when we have severe temperature inversions. Consequently, our citizens burn away believing that you have said it is safe to burn in Carmel Valley. Nothing could be farther from the truth, yet they burn believing they are doing no harm.

5. Although neighboring communities; such as Monterey, because it is a city, have banned open burning, Carmel Valley cannot do this because we are an unincorporated portion of Monterey County. Our Supervisors cannot ban burning in only one area of the County, such as C.V. We must depend on the common sense of the MBUAPC Board to make such a restriction.

6. Open burning exists only as a CONVENIENCE for those who burn. It is not a necessity, nor is there a need from the aspect of fire prevention. In fact, the C.V. Fire Chief has documented that some people burn with the express purpose of annoying their neighbors. Nature would be better served by returning these vegetative products to the earth by composting them. In two years they would be good mulch -- I know, I do this. Instead they are being burned and polluting our environment. There comes a time when individual rights must be given up for the common good. This is such a time.

Therefore, I believe the Monterey Bay Unified Air Pollution Control Board has a duty to ban all non-agricultural burning in Carmel Valley until such time as funds and personnel can be made available to properly determine IN CARMEL VALLEY when meteorological conditions are truly safe for burning without polluting our Carmel Valley air. Controlled and supervised burns might be allowed on an exception basis, if an individual can show that a hardship exists because of the ban. To do less will not be in the best interests of the citizens of Carmel Valley.

Thomas H. Ainsworth Jr., M.D.
Carmel Valley

(Editor's Note: Normally we do not like to print letters to the editor of this length but in this case we happened to have the room for it.)

Honesty Appreciated

(Editor's Note: Mike Kuchler of Kasey's wanted to share this letter with our readers. To him it showed there are good honest people around and that should be appreciated.)

"Dear Kasey's

About three weeks ago I turned into your gas lane and over steered. I jumped the curb and I believe I damaged the chrome on pump number 2. (It is a small approximately 1" dent in the corner on the far side from the store.) At the time I did it a man standing near said I did touch the pump but did no damage. Later I inspected the pump and my car and I believe that dent to be mine.

I am enclosing $15 which I hope would cover it (I realize a new piece would be very expensive; however if everyone who dented it would pay this amount you could afford to replace it every 8-10 dents.)

If there is any problem, please let me know. I'm sorry for the inconvenience and the delay."

Kathy Kepford
Carmel Valley

New Trust Gets First land Donation

It appears the Monterey Open Space Trust (MOST) was formed just in time to receive a 283 acre donation of land. The acreage, located in the hills above the St. Phillips Lutheran Church was turned over to the trust on December 22, 1984.

As the name indicates, MOST was organized to acquire land and easements to be maintained as open space. Their main purpose is to provide a network of riding and hiking trails that connect the entire Carmel Valley.

The 283 acres said MOST president and founder, Rod Mills, "is the first link" in such a trails system. He added that he is confident the organization will be able to get additional easements and grants and that there are already two or three transactions in the works.

Serving with Mills on the MOST Board are vice president, Alvin Andrus; secretary, Victoria Andrews; treasurer, Douglas Despard; and Board members Richard Dalsemer and Denise Duffy. Brian Steen, who is the executive director for the Big Sur Land Trust, holds the same position in MOST.

The recent MOST aquisition was provided by Bill Cusack, a real estate developer with Diversified Properties in Monterey, and his partners Richard Guenther, Byron Radaker and Dental Insurance Consultants. The partners will retain a 100-acre section of land which will be subdivided for only two houses, one of which already exists.

Dubbed La Cuesta, their property, purchased in 1974 totaled 496 acres. It was originally slated for a 400 unit housing development.

Through the efforts of Earl Moser, president of the Big Sur Land Trust, Cusack and his partners were convinced to donate part of their property for public open space. In 1982, they donated 113 acres to the BSLT. Their recent donation brings their total contribution of land held in public trust to 396 acres.

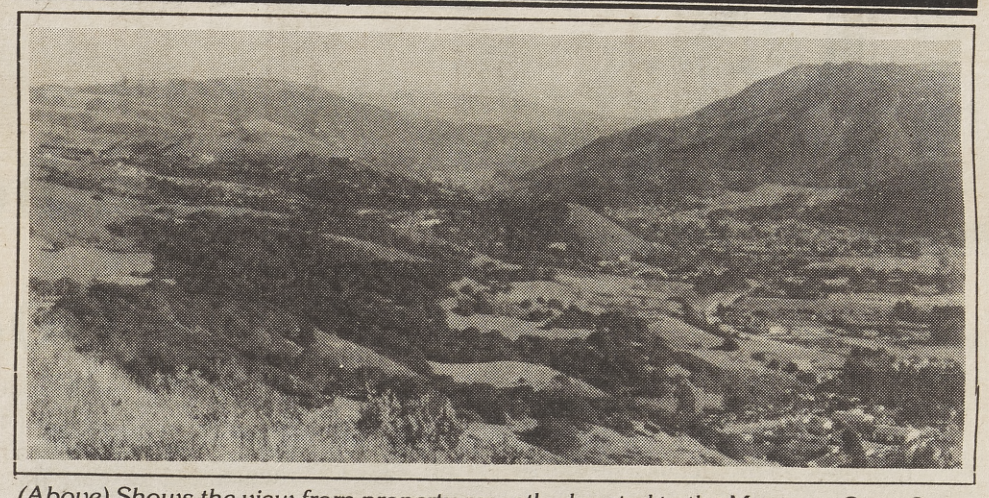
Because it is such a new organization the paperwork for MOST as a public land trust has not yet been completed. Until it is, the BSLT will retain the property. Eventually the entire 396 acres will be transferred over to MOST.

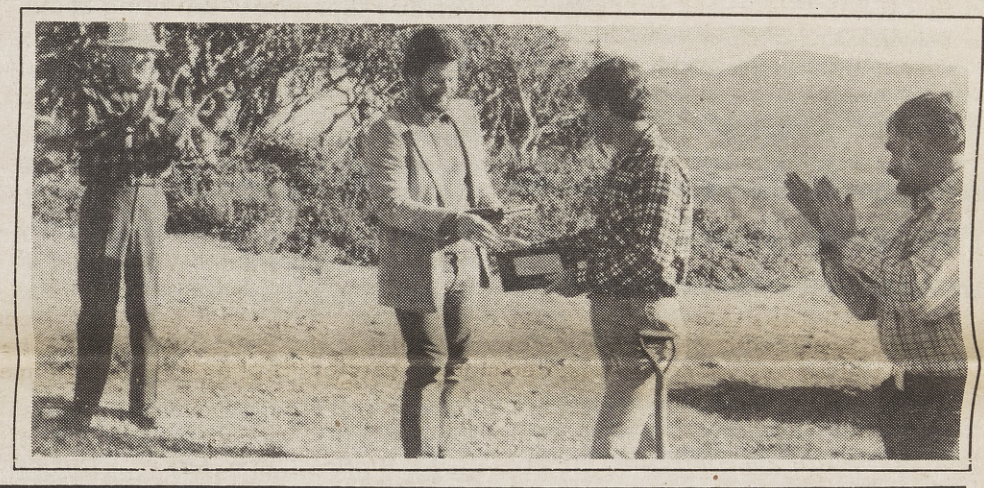
At the dedication ceremony held for the land donation, Moser who accepted a symbolic patch of earth from Cusack said, "This will serve as an example to other property owners up and down Carmel Valley. This is a step to save our ridges not yet built upon."

Moser, in turn, turned the earth over to Mills who said, "We got born just in time to reap the benefits of the efforts of others."

The property, which goes along the ridge line above the church, is not presently accessible to the public said Steen. Physical access, he said, will be available with the success of getting other easements from adjacent properties. The donated land is bordered by church property on the east and the Clint Eastwood property on the West.

Steen presented Cusack and his partners with plaques for their contributions to local land conservation efforts.





(Above) Shows the view from property recently donated to the Monterey Open Space Trust. (Below) On behalf of MOST, Earl Moser, president of the Big Sur Land Trust accepts a plot of land from Bill Cusack. (Bottom) Brian Steen awards Bill Cusack and his partners plaques for their contribution to land conservation efforst of the land trusts.

FRI & SAT SPECIALS

These great specials are in effect Friday & Saturday, January 11 and 12, and Friday & Saturday, January 18 and 19 only. Watch each issue of the Sun for new Specials.

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Carmel Valley Sun

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The Cover

There's nothing like valley serenity!

Candidates For CVPOA Board Announced

Members of the Carmel Valley Property Owners Association will see a new Board of Directors after ballots are counted on January 21. Five directors and new officers will be elected from a slate of candidates presented to the membership in their recent newsletter.

Among the nominations for the Director's seats are Victoria Andrews, Bill Cusak, Don Higgins, Howard Judson, Robert Keith, Rod Mills and John Tiernan. Presented as a slate for officers are Jerry Foote, president; Gene Erner, vice president; Barbara Olson, recording secretary; Dede White, corresponding secretary; and John Tiernan, treasurer.

In seeking the position said Victoria Andrews "I hope that strong collective efforts by the CVPOA and county planners and supervisors can bring about policies which offer long-range safeguards to our rural way of life." Ms. Andrews' affiliations include the Monterey Open Space Trust, the Carmel Valley Trails Association, the Lyceum, and Amnesty International. She also serves on an a trails advisory committee appointed by the Board of Supervisors and is a writer for a local newspaper.

After reviewing many of the current studies available on the valley, William Cusack said he knows how fragile the Carmel Valley environment is. "As a resident of Carmel Valley, I have great interest in preserving the natural beauty and peaceful lifestyle provided by the Valley." Cusack, a real estate developer, has been a valley resident since 1978. He and his business associates are responsible for donating 396 acres of land to be held in trust as open space. He is also a member of the Chamber of Commerce.

Don Higgins is a native Californian, retired from the U.S. Navy as a Captain and later from the MITRE Corporation as a Systems Engineer. He and his wife Mary Kay moved to the valley in 1978. He has been active in the Carmel Views Community Association (President, 1981 and 1982); the Monterey County Grand Jury (1981—1982); the Family Service Agency and other local community service and social organizations; He was recently appointed to the new Carmel Valley Subdivision Evaluation Committee. "I would welcome the opportunity to take an active role in guiding the development and protecting our resources," he said.

Howard Judson said he believes that he can contribute to the successful accomplishment of the "tough tasks" that will face Board members in the coming years. He would bring a diverse background to the Board if elected. He has lived in the valley for the past 3½ years and has served as President of the Carmel Views Community Association and has been an active CVPOA member.

According to candidate Robert Keith, the Master Plan is an effective means of preserving the Valley's beauty; "however, a blemish on this beauty is the Village's residential area. It is littered with debris; empty fields serve as dump sites and commercial vehicles are kept in residential areas. Adding to the forementioned problem are infractions of zoning laws whereby residents convert single family residences into multi-family use. While an immediate cleanup of the litter problem is a short term realizable goal, we must take action to eliminate zoning infractions," he said. Keith, a retired financial consultant has lived in the valley for 2½ years. His other affiliations are on a national level.

"The election of Karin Strasser Kauffman as Supervisor of our 5th District, provides a special opportunity for harmonius interaction between CVPOA and Monterey County government. The grass roots support which elected her must now be enhanced and maintained throughout all her terms of office, said Rod Mills. Mills and his wife Anne retired to the valley three years ago. He has been active in preserving the rural character of the valley as president and founder of the Carmel Valley Trails Association and the newly formed Monterey Open Space Trust.

John Tiernan has lived in the valley for ten years. "During this time I have witnessed many changes in the unique character of the Valley. Because of this I have a keen interest in the implementation and monitoring of the Master Plan. I have also experienced the effects of a drought, and would be very interested in finding a solution to our long range water needs," he said. Tiernan has extensive business and management experience and is also running for the treasurer's position. He is currently business manager for the Salinas Union High School District. He was a charter board member of the Ventana Wilderness Sanctuary and is now serving on the board of the Bach Festival Associates.

Dede White, who has lived in the valley for twenty years said "Carmel Valley has lovingly touched my life since early childhood. I strongly support the purpose of CVPOA, for my personal desire is to retain and preserve any segment of the entire Valley's natural beauty, environment and resources." Ms. White is also running for corresponding secretary.

Elected officers and directors will be announced at the CVPOA general membership meeting scheduled for early February.

Residents Are Invited To Participate In Superintendent Search

Members of the community concerned over who will be the next Superintendent for the Carmel Unified School District are being offered several opportunitues to give their input on the matter. A schedule has been set for those interested to meet with Dr. Elaine Boyce, the Board's advisor for the superintendent search.

The purpose of the meetings, said Interim Superintendent, Richard Hawkins, in a memorandum to the press, is to provide staff and community input into the development of the selection criteria. The selection criteria are those personal and professional attributes which this community believes are needed by our next superintendent of schools.

All interested individuals are encouraged to share their views and ideas on the qualities and characteristics of the educational leader we want for Carmel, he said.

Dr. Boyce will be at each of the schools within the district as well as through appointments at the Pine Inn where she is staying. Her schedule is as follows: January 14—Carmel High School 7:30 a.m.-12:45 p.m.; Carmel Valley High 1-2 p.m.; Tularcitos School 2:30-7 p.m.; Pine Inn 8-10 p.m. January 15—River School 7:30-11 a.m.; Carmel Middle School 2-5 p.m.; Pine Inn 7-10 p.m. January 16—Captain Cooper 8-11 a.m.; Central Office & PTF 1-5 p.m.; Pine Inn 6-10 p.m.

According to Hawkins, the scheduling would be facilitated by parents and community members calling the school and indicating a time preference, but drop-ins are welcome and will be seen as soon as possible. Both group and individual meetings are welcomed.

For those unable to make the scheduled meetings individual appointments can be made with Dr. Boyce by calling Peninsula Answering Service at 647-2231.

Following the meetings and interviews, a committee of community persons will meet with Dr. Boyce to review the information gathered and to develop a set of charachteristics to recommend to the Board for use in the screening of candidates. That meeting is scheduled for Wednesday, January 30, 1985 at Carmel Middle School Library from 7-10 p.m.

For more information or appointments call 624-1546.

Cal-Am Explains Water Changes

Due to an alteration in operating procedure, the local water underwent a brief, but dramatic change. Tap water had a discolored appearance, and a metallic taste. While this change in aesthetic value may have been a nuisance, the water itself was not harmful, said CAL-AM spokesman Linda Morris.

For four motnhs, from July to October, CAL-Am activated four wells in the lower Carmel Valley at the request of the Monterey Peninsula Water Management District, to test ground water conditions as well as test the use of a portable irrigation system for the protection of riparian vegetation along the Carmel River. Under an Ordinance passed by MPWMD in December, CAL-AM was mandated to produce 65 percent of the area's drinking water from wells. Prior to pumping well water into the distribution system, the main source of supply flowed out of San Clemente Dam.

Water pumped from wells is of a different quality than water from San Clemente Dam. The well water is high in iron, CO_2 and manganese, and low in pH. pH is a measure of the acidity of a fluid; a low pH means the fluid is more acidic, and a high pH means the fluid is more alkaline.

When passed through the distribution system, the aggressive, low pH water leached iron from the walls of the iron pipes, and caused a brown, metallic tasting water. It was also responsible for causing a number of leaks.

To correct the situation, CAL-AM has installed facilities to feed caustic soda. Caustic soda will remove the CO_2 and raise the pH level to stop the leaching of iron from the walls of the pipe.

Caustic soda is an expensive chemical and its use will increase costs from $50,000 to $195,000 per year. CAL-AM will also invest approximately $200,000 to install chemical storage tanks and additional chemical equipment.

According to Roger Ward, Water Quality Superintendent for CAL-AM, the Caustic soda is not a significant source of sodium so those on salt free diets need not be concerned with the added chemical. It will continue to be added to the water for quite some time he said but had no exact time frame.

In addition to the increased chemical expenses, energy costs for operating the well pumps are expected to soar from $950,000 to $1,150,000 per year, an annual increase of $200,000.

Water Management District Meeting

The regular meeting of the Monterey Peninsula Water Management District will be held at 7:30 p.m. on January 14 in the City of Monterey Council Chambers.

Among the action items on the agenda are a public hearing for environmental deterimination on the Ord Village Pilot Reclamation Project, authorization to retain a consultant to develop and independent review of operations model, authorization to retain a consultant to compile a cost analysis for dredging, authorization to invest sinking funds, consideration of access for Dormody appraisal and setting of board meeting dates for workshops.

For more information call 649-4866.

Photo by Debi Effron.

Jo Lomanto presents Sandy Clough with Christmas Decorating contest prize.

Christmas Decorating Contest Winners Announced

The imaginative decorations of Stew's Plumbing, number 1 Esquiline Road, Carmel Valley, made the business the unanimous winner in the business category of the Second Annual Christmas Decorations Contest sponsored by the Chamber of Commerce Serving Greater Carmel/Carmel Valley. The winning decorations featured a huge Santa and sleigh, with the reindeer led by Rudolph himself flying across the roof. High on a pole, there as a lovely star which looked down on a beautiful, blue-toned creche attached to the main store building. The star was made by Lex Melfi, an employee of Stew's Plumbing, and took 100 tiny white lights.

"It's a cooperative effort," said Sandy Clough, spouse of Stew's Plumbing's owner, Stewart Clough. "All of our workers get involved, and we are so pleased and proud of the results."

Ms. Clough received a $25 Gift Certificate from Safeway, presented to her by Christmas Decorations Committee Chair Jo Lomanto, Manager of the Carmel Valley Branch of Bank of America, and Treasurer of The Chamber.

Also receiving a $25 Gift Certificate for the best residential display were USN Captain (retired) and Mrs. Egon Werdelman of Los Laureles Grade Road. Mrs. Werdelman is an artistan who makes Christmas Tree ornaments by hand, and her tree is a magnificant, revolving tree that stands almost a dozen feet high, and which is adorned by her own creations.

In judging, however, the Committee considered outside decorations only, and the Werdelman's received their award based on their attractive outside decorations.

Honorable mention is given to Robin Boehlje of Carmel Valley Hair Center, Delfino Place, Carmel Valley, and to Phyllis Schultz, Quien Sabe, Carmel Valley.

To be considered, contestants were asked to submit their names and addresses to the Chamber for judging. *The Chamber wants the list of contestants to grow each year, and will* each year broaden its judging criteria to include more and more kinds of decorations.

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CHOMP Annual Meeting Will Feature Allen Funt

"Laughter As Therapy" will be the topic of Allen Funt's address to the combined annual meetings of the Community Hospital Foundation and the Community Hospital Foundation Auxiliary on Friday, January 18.

Creator and producer of the original "Candid Camera" television show, Funt will speak on the healing aspects of comedy. He currently produces "The New Candid Camera" show and is a cattle rancher at a ranch just south of Carmel.

About 4,500 foundation and Auxiliary members have received invitations to the luncheon meeting to be held at the Monterey Conference Center. In addition to Funt's address, members will hear reports from Betty Welge, outgoing president of the Auxiliary, and the new president, Jean Warriner.

Chairman of the Board Theodore C. Hooker, M.D., will give the foundation's annual report.

A slate of candidates for three-year terms on the Board of Trustees will also be presented, including Arnold Manor, M.D., Milton C. Mumford and Malcolm S. Millard, who are up for re-election, and Marion Robotti.

Awards will be presented to retiring trustees Edgar H. Haber, Joseph W. Cochran III, Craig E. Christensen, M.D., and Mrs. Welge.

Goodwill Says They're Safe

Responding to recent reports by consumer concern groups, Goodwill Industries sends no donated items that fall within the "unsafe" category to their stores in downtown Santa Cruz, Watsonville, Seaside, Salinas and Castroville.

These are primarily infant goods and include unsafe cribs, high chairs without restraining straps, accordian-type baby gates, some styles of mesh playpens, unsafe baby walkers, and potentially dangerous toys.

Also discountinued are infant car seats that are incomplete or damaged and thus not safe. "With the new law requiring use of infant car seats," said Lenne Bennett, who heads donated goods processing for Goodwill,"we don't want people to buy one that is incomplete and think they are complying with that law. Nor do we want any child endangered."

She notes that she and her staff regularly review consumer reports, and carefully inspect all donations. However, since all things sold at Goodwill stores are on an "as is" basis, without guarantees, returns or exchanges, customers are urged to follow up Goodwill's inspection with their own before making a purchase.

County Parks Department Sponsors Bald Eagle Watch Program

Each winter, Bald and Golden Eagles from the north travel south for warm weather and available food. Attracted by the abundance of fish and wildlife they make their way to Lake San Antonio which is the largest Eagle habitat in Central California and draws more Eagles each year.

Because of this, the Monterey County parks Department has established an annual Eagle Watch Program which is a guided close-up view of the Eagles in their natural habitat. Participants board a pontoon boat and travel down the lake to the shallows area which holds the highest concentration of Eagles. A member of the Parks Department assists participants in locating the Eagles by pointing out typical roosting areas. The ULTIMATE is seeing a bird in flight or possibly catching a fish.

The program, which operates on Fridays, Saturdays, Sundays and Holidays beginning January 11 and continuing through March 3, consists of a 10 a.m. tour on Friday and two daily tours: 10 a.m. and 1 p.m. on Saturdays and Sundays. The cost of the tour is $5 per person.

Each tour accommodates 20 people and lasts approximately two hours. Participants meet at the South Shore Resort Facility for an orientation program about Eagles.

For more information or reservations call 1-800-822-CAMP or the Monterey County Parks Department at (805) 472-2311 or (408) 424-1971.

Supervisor Karin Strasser Kauffman Will Be The Guest Speaker At The PWN Annual Installation Dinner

New Fifth District Supervisor Karin Strasser Kauffman will be the guest speaker at the Second Annual Instalation Dinner of the Professional Women's Network of the Monterey Peninsula on Tuesday, January 22, 1985, at the Holiday Inn. Ms. Strasser Kauffman is a member of the PWN.

In addition to the Fifth District Supervisor, the Network will install its 1985 officers, and make its Second Annual Award to the Professional Networking Woman of the Year.

Reservations are necessary. For more information please call 659-3933.

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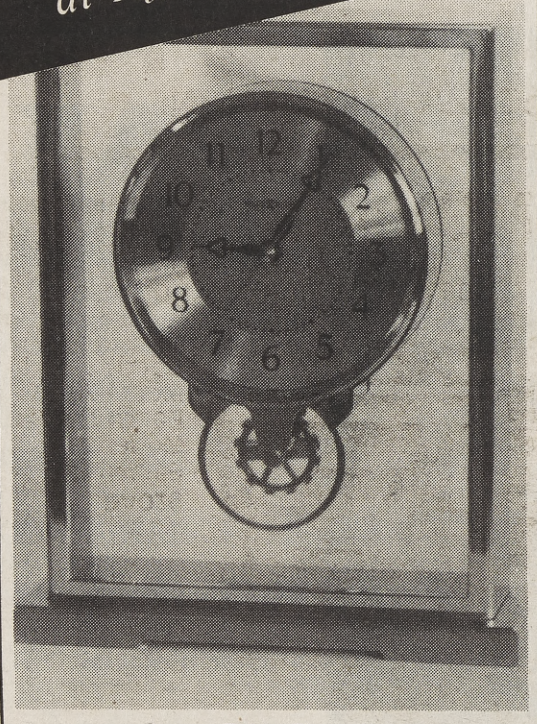

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Prize Winner

Five and a half year old Angel Cabral was the grand prize winner in the Christmas decoration contest sponsored by Carmel Valley Natural Foods. Nutritional Consultant for the store, Blair Holland, said all those who entered the contest were under seven years of age and all received a carob snowman just for entering.

According to Angel's mother, De, Angel took to initiative to enter the contest and did the design work on her decorations all by herself. For her entry, Angel was awarded a Christmas stocking filled with merchandise from the store.

Look Who Came To Visit

It was a big surprise to Lucas Belangee and many other valley children when Santa visited them in their homes on Christmas Eve. Fire Department volunteers escorted Santa during his visit and they deserve a big "Thanks" for their help.

Christmas Wrap-up

Tularcitos Holds Their Annual Christmas Concert

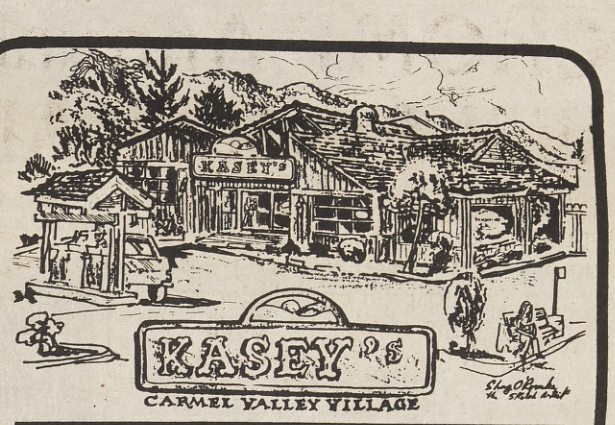
All the students of Tularcitos gathered on December 21 for their annual Christmas celebration. Each class participated by singing a song which they had rehearsed. Parents and faculty filled the Multi Purpose Room to enjoy the festive occasion.

Hearing impaired students participated in the music through signing.

They Helped

Members of the Carmel Valley Kiwanis felt Murphy's Lumber deserved special recognition for their efforts in building a sleigh for Santa to ride in during the annual Santa's Fly-In held on December 15. Receiving a certificate for their efforts from Kiwanis president, Dick Atwood (center) were Jeff Cornell, Ken Klein, Bob Fisher and Kent Murtland.

Photo by Debi Effron.



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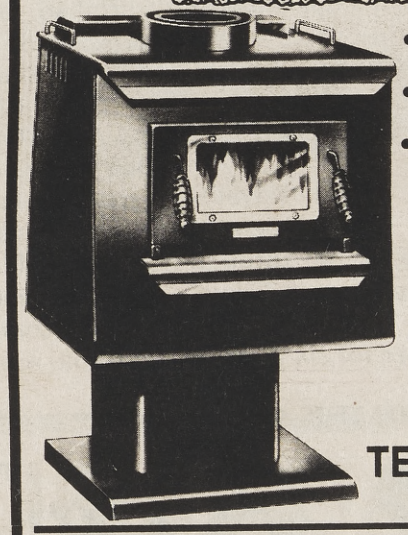

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New Martial Art Dojo To Open In Carmel Valley

by Mary Tesoro

Carmel Valley has been chosen as the location for a new martial arts training center. Beginning January 15, AIKIDO OF CARMEL VALLEY will be open to anyone wishing to practice the Eastern art.

Aikido is a Japanese art of self defense. It is an elegant, sophisticated art: a system of spherical dancelike techniques into which are woven elements of philosophy, psychology, and dynamics.

The basic premise of Aikido is that the mind and body must act together. The aim of the Aikidoist is to be in complete control of both—to maintain a calm, alert posture.

Besides self defense applications, Aikido's benefits include increased sensitivity, coordination, and perception. Students of Aikido develop self confidence, stamina, and improved body conditioning.

Because balance and grace of movement, rather than muscular strength, are the criteria for successful execution of technique, Aikido attracts men and women of all ages and backgrounds.

Aikido is especially attractive to persons who adhere to non-aggressive philosophies, yet seek effective, intelligent alternatives to submission. It is an art whose goal is to neutralize aggression and render one's attacker harmless, without causing permanent injury to the attacker.

This requires a high level of integration and harmonious combination of the powers of the mind and body.

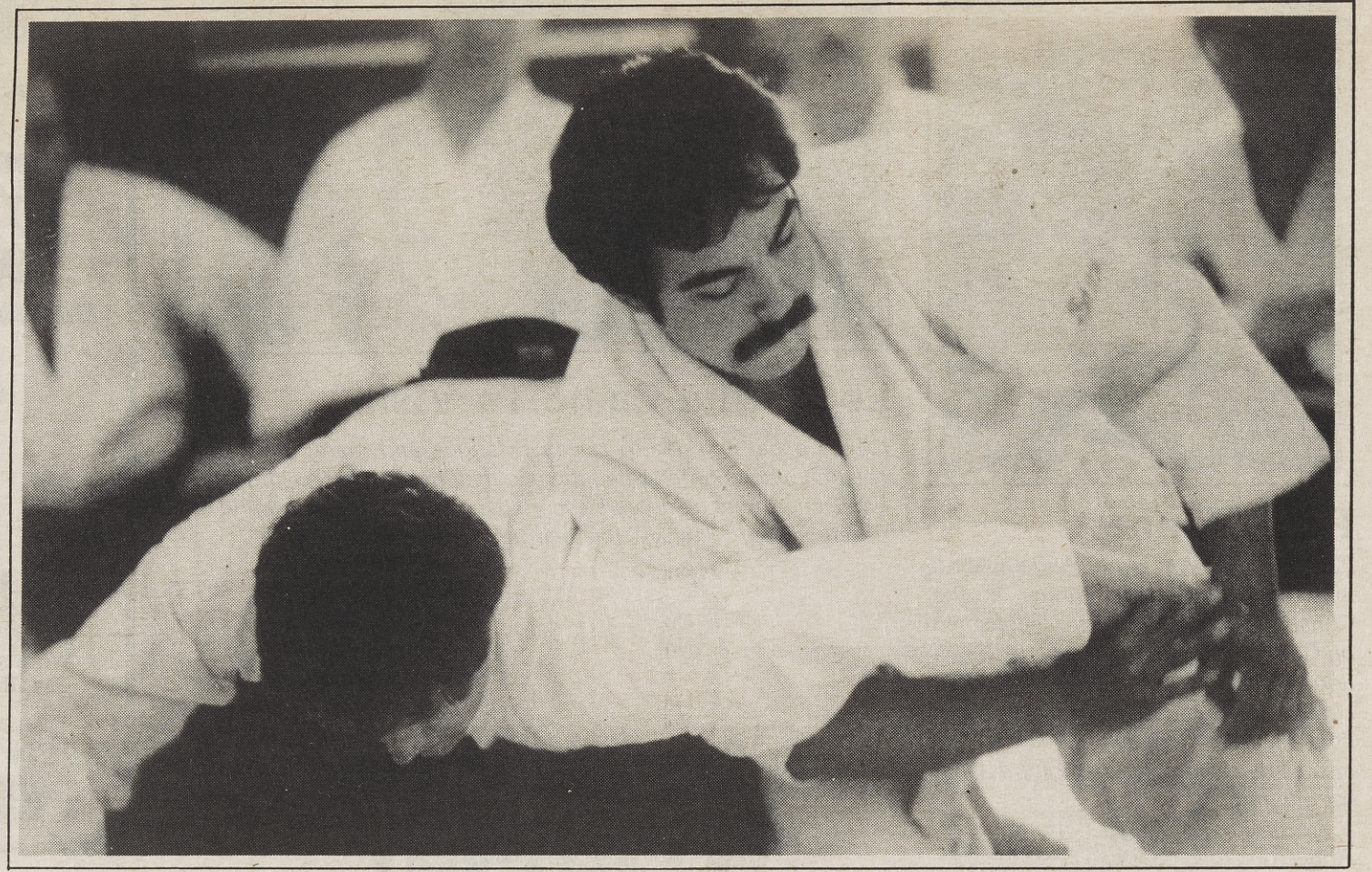
The elements which comprise the art are found in the three Japanese *KANJI, or charactors, of the word AI-KI-DO.* "AI" means harmony or coordination; "KI" refers to universal spirit, energy, or force, and "DO" means the way, or the path. Thus, translated, Aikido means "the way of harmonizing with the energy of the universe."

Founded in Japan by Master Morihei Ueshiba, Aikido is a relatively new martial art. Ueshiba, or O-SENSEI (Great Teacher), as he was called, mastered many of the Japanese fighting arts, including Jiu-Jitsu, the spear, the staff, and the sword, before developing what many believe to be the ultimate art, Aikido.

AIKIDO OF CARMEL VALLEY will be a continuation of the traditional DOJO (training hall) which O-SENSEI began.

Head instructor, Steve Davalos holds the NI-DAN (second degree) blackbelt rank, certified through Aikido World Headquarters in Tokyo, Japan.

Davalos has trained for six years at AIKIDO OF MONTEREY. He will continue teaching there, as he has for the past three years.



NI-DAN, Steve Davalos shows one of the Aikido techniques used to neutralize aggression.

Davalos witnessed his first Aikido demonstration over fifteen years ago while participating in a Karate tournament.

"There are two major differences between Aikido and most other martial arts," says Davalos. Whereas many of them take a linear form, Aikido is circular, or spherical in form."

"The second major difference is intentionality," he explains. "In most other BUDOS (martial arts), the major tactical philosophy is KOBO-ITCHI. This concept includes develoing a repertoire of both offensive and defensive techniques. In Aikido, the major tactical philosophy is GO-NO-SEN, the concept of defensive initiative."

Unlike most of the other martial arts, Aikido's repertoire contains only defensive techniques.

"Since Aikido was developed as a way to divert harm from one's self with the least amount of injury to an aggressor," says Davalos, "the Aikidoist initiates and creates a situation where he/she defends rather than attacks."

For beginners, this concept, GO-NO-SEN, is somewhat difficult to grasp. As a result, some people think Aikido can not be as effective as other martial arts.

"This is a misconception," insists Davalos. "Aikido is a very powerful and highly effective method of self defense."

Although Davalos brings many new ideas to AIKIDO OF CARMEL VALLEY, he will maintian the integrity and purity of the traditional Aikido DOJO.

All ranks are included and welcome. Everyone trains together. The more advanced students willingly help the less experienced; it's part of the training. And, as there is nothing secretive about Aikido, observers and visitors are welcome at all times.

Classes will include stretching and flexibility warm-ups, basic technique training, and time for individual work in specific problem areas. Learning to take falls safely and gracefully is an integral part of the training. As well known author and blackbelt George Lenoar puts it, Aikidoists find themselves "learning to transform the fear of falling into the joy of flying."

Sword technique will be integrated into the classes as necessary to clarify movements. Eventually, Davalos plans to make available separate weapons classes. Traditional weapons are the BOKEN (wooden sword) and JO (wooden staff).

Other future options include a family night. Davalos describes this as a special class where "members of the same household would have the opportunity to interact in the Aikido context."

Davalos hopes to eventually add children's classes, and is considering a special aerobics class based on Aikido.

Visiting teachers and special events are anticipated as a regular feature of the DOJO in coming months.

AIKIDO OF CARMEL VALLEY will be a member of the Northern California Aikido Association, an affiliate of the Aikido World Headquarters in Tokyo, Japan.

Classes will be held at the Carmel Country Spa's newly constructed gym. Carmel Country Spa is located on Country Club Way, just off Country Club Drive. Participants and observers are asked to follow the road leading from the right side of the main parking lot, directly to the gum. Parking space will be available at the gym.

Classes will be held Tuesday, Thursday, and Friday evenings from 6:30 to 8 p.m.

Continued on next page

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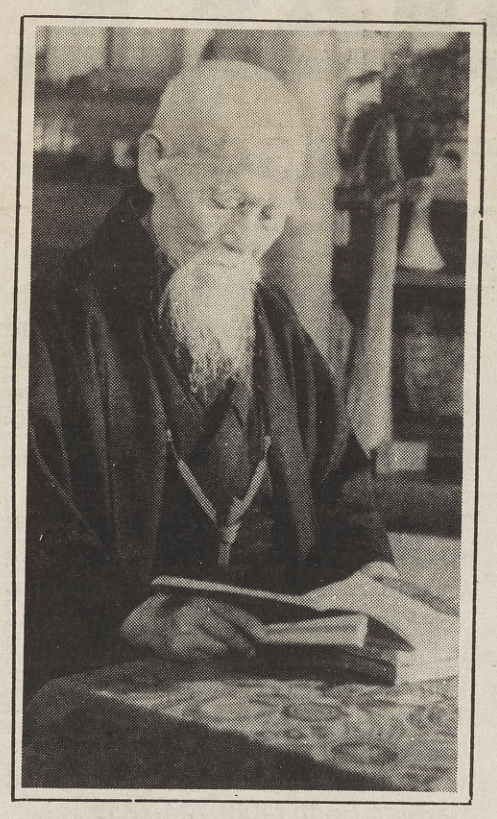

The "Great Teacher" and founder of Aikido, Morihei Ueshiba.

Martial Art continued from page 8

Classes are ongoing, and new students may begin training at any time. Interested persons are invited and encouraged to participate in their first class on a trial basis before deciding to register.

There is a one-time registration fee of $5. Monthly dues are $30. Students are entitled to attend all classes.

Loose, sturdy clothing, such as sweatshirt and sweatpants, is appropriate. Permanent students who wish to purchase a GI (traditional training uniform) may do so through the DOJO.

For further information, directions, or a flyer, interested persons should call Steve Davalos at 625-2692, or Mary Tesoro at 659-2041.

Crosswords PLUS

Edited by Stanley Newman
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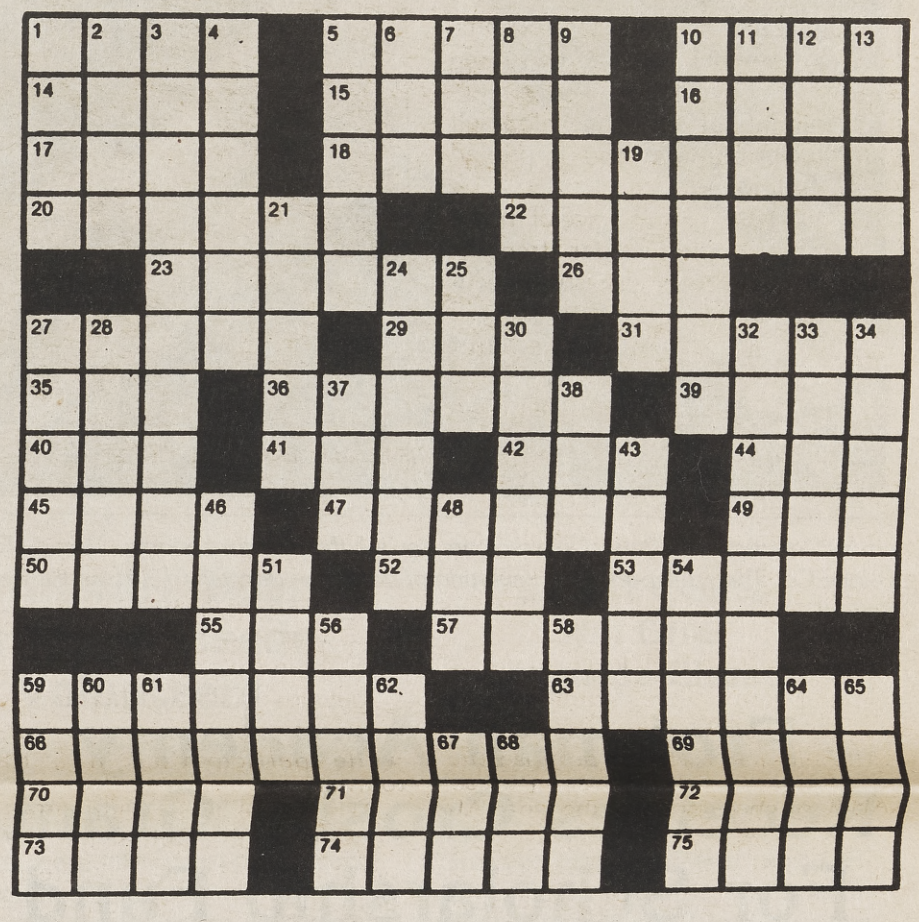
And Then I Wrote...,

by Thomas W. Schier

(Editor's note: Crossword solvers are welcome to write Crosswords PLUS editor Stanley Newman with any questions pertaining to this issue's crossword or crosswords in general. All queries will be answered. Write Stanley Newman, American Crossword Federation, 443 Park Ave., South, New York, N.Y. 10016.)



ACROSS

1 Clique
5 Info circular
10 Complain angrily
14 Parisian's mine
15 European country
16 Eng. poet laureate: 1715-1718
17 Object of interest
18 Unattached
20 Despite
22 Longing
23 Submitted
26 _____-hoo
27 Certain representative
29 After taxes
31 Practice
35 Woodworker's tool
36 Vacillating motion
39 Large antelopes
40 N.Y. campus
41 _____ Tomé, Afr. island
42 Ending for stand or dull
44 Religious symbol
45 X and Y, in H.S. algebra
47 Toffler's Shock
49 Challenge
50 Orthodontist's concern
52 Conway or McCarver
53 Wind deposit
55 S.A. mtns.
57 City near Abilene
59 Pirate
63 Mt. Morrison is here
66 Futile enterprise
69 "Alice" role
70 In _____
71 Type of acid
72 Yalies
73 Numerical rec.
74 Oil lease hound
75 Chair part

DOWN

1 Type of reader
2 Bowfin
3 1967 movie
4 Brynner movie (with "The")
5 Provided rations to
6 Legal phrase
7 Neighbor of Calif.
8 _____-formaldehyde resin
9 Delicious
10 Splendidly impressive
11 Black, to Descartes
12 Grain beards
13 Mil. unit
19 "_____ shalt not steal"
21 Fissures
24 Thoroughly
25 16th century clock
27 Port _____
28 Binding material
30 Emotional stress
32 All right
33 Noted family of India
34 Hairpin curves' shapes
37 Buffoon
38 Hockey M.V.P.: 1970
43 Land tract
46 Projects
48 Plastic bag binder
51 Make sound
54 Drink garnishes
56 Cordage fiber
58 _____ ceremony
59 Rockin' Mama
60 What _____?
61 Composer Nino
62 Order back
64 Met offering
65 Tammany Hall destroyer
67 Hoop circumference
68 Organic cmpd.

See Answers Page 16

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ENTERTAINMENT

Liz McDonough and Betsy Claassen are among the performers in the Wendy Rogers Dance Co. They will present an evening of dance on January 12 at Santa Catalina School.

Wendy Rogers Dance Co. Evening Of Dance

The Wendy Rogers Dance Company of Berkeley will present an evening of dance at Santa Catalina School-Monterey, Saturday, January 12 at 8 p.m. Rogers' imaginative and fine-crafted modern dances capture the interest of both new and experienced dance observers. The company will perform JERASH, a suite of dances based on desert themes created for the 1983 Jerash Festival in Jordan. The dances, "Caravan", "Distant Landscape", "Dust Devils", "Mirage", and "Oasis" are accompanied by an original score by Steve Drews with Middle Eastern percussion by Mary Ellen Donald. The program will also include Rogers' most recent collaborations with new music composer Paul Dresher. Jennifer Dunning of the NEW YORK TIMES has described Rogers' dances as "full of unexpected twists and turns, and body and group shapes of sudden and fleeting beauty".

The Company has toured extensively in California, New York City, Europe, and the Middle East and has been awarded choreography grants from the National Endowment for the Arts. Rogers teaches choreography at UC Berkeley and was location choreographer for the movie, *Return of the Jedi* and the ABC film special, *The Ewok Adventure.*

Tickets are $6.00 and may be purchased at the 1887 Shop, on the plaza Carmel; the Monterey Dance Workshop, Monterey; and Bookworks in Pacific Grove. For more information call (408) 724-7235 or (408) 649-1432. This performance is sponsored by Santa Catalina School. For more information concerning this release contact: Barbara Codd (408) 724-7235.

Wendy Rogers will also present master classes Wednesday January 9 at the Monterey Peninsula College dance studio from 6-7:30 p.m. Call (408) 646-4230 for more information. And on Saturday January 12 at Danc-Fitness Studio in Capitola from 10-11:30 a.m. Pre-registration suggested, call (408) 462-DANC for more information.

Frohman Academy Receives Crosby Grant For Scholarship Fund

On November 27, 1984 the Frohman Academy for Musical Theatre Education was awarded a grant of $3,000 from The Bing Crosby Youth Fund.

This grant was awarded specifically to the Academy's Scholarship Fund and the monies will be used to help needy and gifted Peninsula youth attend all of the school's educational programs in Musical theatre as well as help various public schools in this area participate in The Academy's "Artist-In-The-Schools" programs.

The Academy Scholarship Fund was established during the Summer of 1983 by a generous contribution from the Monterey Vineyard, and has since been the recipient of grants and contributions from the Paquin Construction Company, Wells Fargo Bank County Bank and Trust, Bank o America, Valley National Bank Monterey County Bank, First Interstate Bank and numerous local individuals and businesses.

The Crosby Fund Award will be first used in The Academy's upcoming Winter Term "After-School" workshop which begins Januay 14, 1985. Sixty-five local elementary and secondary students participated in The Academy's Fall workshop with over one-half of this number receiving some type of financial aid from the Scholarship Fund. It is anticipated that an equal or greater number of students will be able to receive this type of assistance thanks to the Crosby grant.

Brown Bag Cinema Will Present "The Great Violin Mystery"

The Great Violin Mystery will be presented on Thursday, January 17, at 1 p.m., in the ongoing Brown Bag Cinema Series in Carpenter Hall at Sunset Center. Carpenter Hall is located on the East side of sunset Center on Mission Street near 8th.

No one knows why modern violins never match the remarkable sound of the instruments crafted over 250 years ago by Stradivari and other Italian masters. The greatest violins the world has known were all made in the 17th and 18th centuries by a handful of artisans living in and around the Italian town of Cremona. When they died, the secred of their art died with them. This program looks at the pioneering work of Wisconsin physicist Wiliam Fry, who after a 20-year quest, may have solved the mystery and opened the door to a new era of great violins. Providing a backdrop is the music of Vivaldi and Bach performed by the Boston Symphony Orchestra.

A brown bag lunch is needed. The Sunset Center will provide the coffee.

No reservations or tickets are required.

Carl Cherry Foundation Will Hold "The Bear's Affair"

The Carl Cherry Foundation heralds the world premiere of "The Secret Lives of the Teddy Bears" (an original musical by Max Robert of Pacific Grove opening January 18th at Cherry Hall) by presenting "THE BEAR'S AFFAIR" - a benefit Art Show and Sale for the young at heart featuring paintings, drawings, prints and sculpture by prominent local artists Louise Boyer, Shirley Holt, Barclay Ferguson, Harold Mason, Beth Garcia, Diane Wolcott and Nancy Taylor on the theme of Teddy Bears. The entire private collection of Teddy Bear personalities by Barbara Rugg of Carmel will be displayed for the first time and refreshments, music and conversations with actors and artists are also part of the program. "THE BEAR'S AFFAIR" takes place Saturday, January 12 and Sunday, January 13th from 2 to 5 p.m. in Cherry Hall, 4th and Guadalupe, Carmel. A door donation of $1.00 for adults and $.50 for children is asked. The Carl Cherry Foundation is a non-profit organization which supports and encourages talent in all the arts.

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Carmel Music Society Concert Will Feature Hakan Hagegard

Hakan Hagegard, famed Swedish baritone, will be presented in concert on Friday, January 18, at 8 p.m. at the Sunset Theater in Carmel. His appearance is sponsored by the Carmel Music Society.

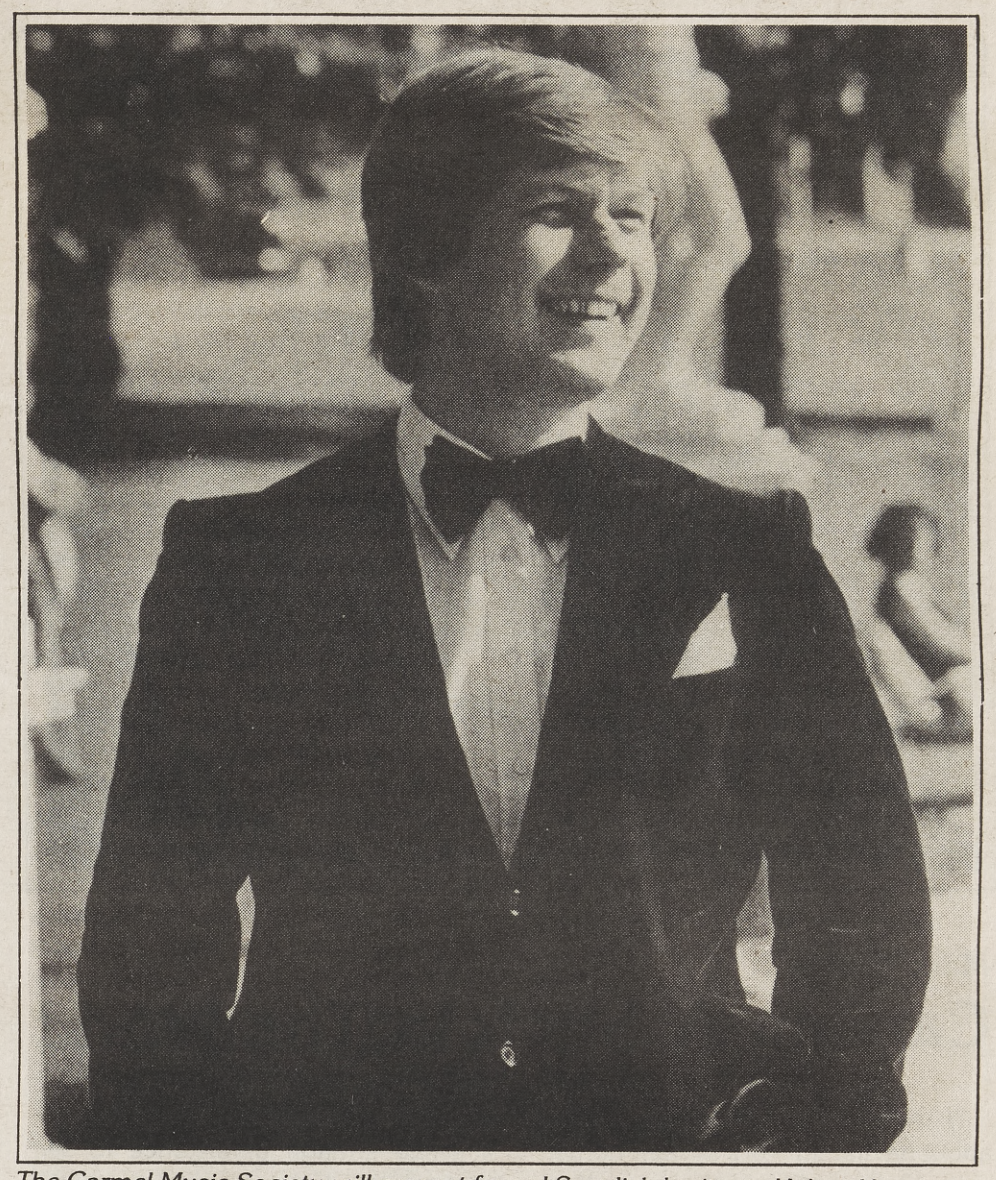
Hakan Hagegard first became well known to american audiences when he appeared in the role of Papagueno in Ingmar Bergman's film verions of Mozart's *Magic Flute.* Since then he has divided his career between opera and concert-recitals, earning a reputation as an interpretor of lieder that recalls the mastery of Dietrich Fischer-Diescau and Herman Prey. Critics have praised his long, legato piano phrases and his absolute control, even present in his vibrato.

Hagegard displays his ability as a fine actor in addition to his seamless vocal control, allowing his face and body to express the mood of each of his songs.

The program for his Carmel appearance will include "Schwanegesang" by Franz Schubert, "La Vague et la Cloche" by Henri Duparc, "King Eric's Songs" by Ture Rangstroem, and "Von ewiger Liebe" by Johannes Brahms.

Warren Jones will accompany Hagefard on the piano. He has been an assistant conductor of the Metropolitan Opera for the past seven years and is a frequent performer, both as soloist and accompanist for other singers, including Marilyn Horne. He has been a vocal coach for Luciano Pavorotti and Renata Scotto and many other well-known musicians.

Tickets for the concert are $9, $10, and $11 and are available at Bartlett's Music, Carmel, Do Re Mi Music, The Barnyard, Carmel, Abinante Music, Monterey, and The Bookworks, Pacific Grove, or by calling the Carmel Music Society, 372-1226. Some student tickets will be offered free of charge upon request.



The Carmel Music Society will present famed Swedish baritone, Hakan Hagegard, in concert on January 18.

Sierra Club Outings Announced

The Sierra Club will offer two hikes and a bike ride over the next two weekends.

On January 12, members and interested hikers will make a 7½ mile round trip hike along the Juniper Canyon trail in the Pinnacles. Hikers will travel to Scout Peak and descent to Bear Gulch reservoir for lunch. Those interested will meet at the Cinema 70 parking lot in the Del Monte Shopping Center at 8:30 a.m. and carpool to the Chaparral campground. Food, water and a $3 carpool passenger fee are required. For more information call 372-6738.

A bike ride down Carmel Valley Road is the outing scheduled for January 19. The trek will begin at Brinton's at 9:30 and travel to the Village. Brown bag lunch, or restaurant lunch is optional. Riders should be prepared for head winds and afternoon traffic for the return trip. Rain will cancel. For more information call 375-8995.

The Blomquist Ranch will be the site of the January 19 outing. This will be and 8 mile walk through meadows and valley oaks. Hikers can meet at Brinton's at 8:30 a.m. or at the Bank of America in the village at 9 a.m. Lunch, water and $1 carpool donation are required. For more information call 372-6626 or 659-4451.

Chamber Music Society Will Feature French String Trio With Michel Debost

The Chamber Music Society of the Monterey Peninsula will present the French String Trio with Michel Debost on flute. The concert is scheduled for 8 p.m. January 22, in the Sunset Center Auditorium in Carmel.

Admission for the concert is $8 for adults and $4 for youths under 18.

For more information call 372-5981.

Community Boards Program Needs Volunteers

Residents of the Monterey Peninsula are needed to participate in the Community Boards Program of the Monterey Peninsula. Community Boards is a neighborhood based conflict resolution program training community residents to act as mediators in neighborhood and individual conflicts. Training will focus on communication skills, mediation, conflict resolution, teamwork skills and leadership.

Community Boards currently serves Seaside, Ft. Ord and Marina. In addition, Community Boards offers landlord-tenant mediation in the City of Monterey.

All that is required is an interest in the community and a commitment to volunteer for at least one year.

Those wanting more information are urged to contact Gerogann Taylor at 394-1992.

Sunset Center Will Offer Language Classes

Dr. Marijana Mirkovic's two language classes being offered at *Sunset Center will begin January 9,* 1985.

The two classes, French and German for Travel will be continuous. Costs will be predicated on six lessions for $25 French for travel will be scheduled on Wednesdays from 2:30 to 3:30 and German for Travel will be on Wednesdays from 1:30 to 2:30.

Dr. Marijana Mirkovic, instructor, is of German-French origin and speaks nine languages. She has studied and taught in Europe and in the United States including twenty years at Monterey Peninsula College.

Class size is limited; therefore pre-registration is necessary. Registration is closed by Monday January 7th at 5:00. Call the Sunset Center office, (624-3996) to register, or for further information. If interested, send your check to: Sunset Center, P.O. Box 5066, Carmel, Ca. 93921.

Sunset Center is located at 8th and San Carlos, in Carmel-by-the-Sea.

Chapel Guild Will Meet On January 9

The regular monthly meeting of the Carmel Valley Chapel Guild will be held at 12:30 p.m. on January 9 at the Chapel Fellowship Hall on Village Drive.

The gathering is a pot luck luncheon. Participants need to bring their own place settings.

The speaker for the luncheon will be Dr. John Bennetts. His talk will be on hormones and problems women may have.

For more information call the Chapel at 659-2278.

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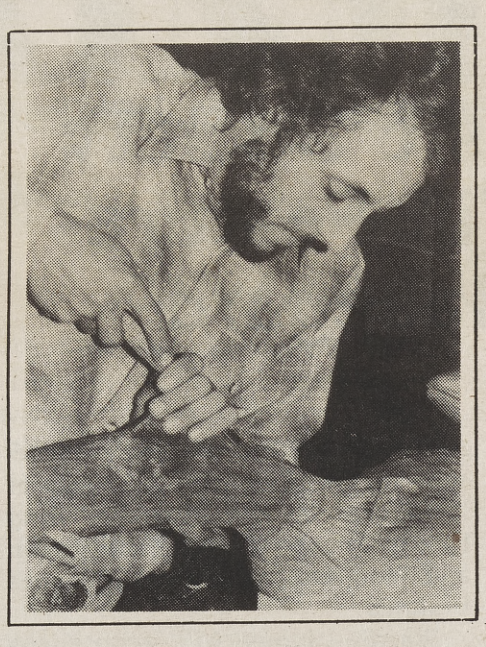
MID-VALLEY SHOPPING CENTER
(Next to Hacienda Hay & Feed)



Teaching is Mark's way to perpetuate the trade. He has taught carving in adult education classes in both Florida and Oregon and now has an application in to teach at Monterey Peninsula College.

He currently has two adult students and would like to have a few more. He would also like to start a class for children (preferring age 10 and up).

Photos by Debi Effron.

Mark Andrew

Carving A Nitch In The World

"I want to fulfill people's dreams about having art work in their home," said 33 year old wood carver, Mark Andrew. Mark has embraced the age old trade with a personal vendetta against it dying as an art form. He also hopes to use his talents as a craftsman for a source of enrichment for the community.

According to Mark, wood carving is a medium people are unaccustomed to seeing. It is a three dimensional, tactile, feeling art that currently has very limited opportunities. "Working in the third dimension is not very strongly pushed so you can walk around it and put your hands on it. It's important to provide that opportunity to people.

The masters of the trade are quickly diminishing, giving way to less expensive and more easily produced plastic and metal pieces. As a dedicated tradesman, Mark hates to see this happen. "The trade is in danger of dying out and I want ot preserve it and hand it over to the next generation."

Mark, who says he is 99 percent self taught, got his start in wood carving over twelve years ago. He had always liked the art form but never took any formal training in it until his family moved to Switzerland where there is a strong tradition of carving. He was impressed by the maze of artisans living simple lives and turning out intricate wood works. According to Mark it was a cultural enrichment that was not available in the United States.

"At that point I was determined in what I wanted to do," he said.

His family left Europe and settled in Oregon. Mark attended architectural school then switched to wood sculpting. The most direction he could get, he said, was to leave school, retreat to the fringe of society and devote all his time to carving.

Hungry for the art, he returned to Europe to find himself an instructor. Unfortunately in Europe they are not interested in taking Americans as students, he said and the few places that were willing to teach him had five year waiting lists.

Recognizing his determination, one instructor outlined the chisels he would need. "With my own drive I would at least have the tools to carve. If I had enough persistance to see through this vision I would succeed," he said.

He served a brief apprenticeship with one American instructor (the first one in fifteen or twenty) and worked ten hour days with no pay.

From the start Mark said his carvings were positive and felt comfortable. He advanced from the simple lines of a Madonna with little detail to the intricate murals and the three dimensional works he turns out today. Currently his pieces are on display at the Wood Carvers Gallery in the Crossroads. He has also produced a variety of commission pieces and loves the challenge brought by each new client. "You never know what people are going to ask you to do," he said.

Mark increases his own knowledge with each piece he works on. He studies his subject matter in an effort to be as anatomically accurate as possible. Through his carvings he passes this newly acquired knowledge on to others.

Keeping in mind the clients budget, but also drawing on his own "spiritual" sense Mark finds the right block of wood, the one that "holds the creative effort". Much of his wood, he said, comes to him from friends. Many of the larger chunks he has to buy.

The grain is an important factor in selecting a block. "Wood has a life of its own. It twists and the grain has to be worked with," said Mark. His favorite wood is walnut because of its rich dark color. "It carves well and holds details. Since I'm an artist who prides himself on correct details, it's important to have wood that holds that detail."

The design is chalked onto the block and the work with the tools begins. Mark has over 44 carving chisels in a variety of sizes, several mallets and saws.

With larger tools "you rough it in, then go over it with finer chisels and refine it," he said. "You go over the whole piece like a series of washes. One shaving at a time."

It's a slow process with hours of pounding. "Wood resists you. It's hard to carve and requires stamina and perserverance."

"It's consuming work and you have to be careful so you don't take away too much," he said.

Pulling a form out of a solid block is the wonder of wood carving. "It is evolutionary. It evolves right in front of you," he said.

"You start to see the color and the way the grain moves, and you start working with the grain to get the final form. It begins to take on personality, power and beauty and becomes more personal the closer you come to the finish."

Sometimes Mark will use a light stain to finish a piece to bring in areas of shadow. Most of the time he preferes to keep it simple and just use oil. The chisel cuts tend to produce their own finish, he said.

"Most American carving is stiff," said Mark. "I wanted to create pieces that moved. I want it to be very exciting so it grabs the attention of the viewers. I want to make them get closer, study it, look at the grain and its flow and learn from it," he said.

"In a small amount of space I try to trick the eye so people really see it (the action) and put their emotions in it."

To create pieces that continuously bring joy is Mark's main goal and he often puts more into his work than his clients pay for. "I want them to be fascinated with the overall design and how it was done. And to see that it was lovingly taken care of and nurtured."

Nurturing his carvings along is only part of his goal as a craftsman. One of his fantasies is to see carving and architecture recombined, having it built right into the design process. "We've moved away from embellishments to very simple lines which is very beautiful, but cold."

Mark envisions carved beams, cabinets, doors or possibly even wall panelling. This, he said, would give homeowners a chance to make a personal statement about themselves or express their personality. "I'd love to come in and highlight people's houses. Places that will enrich their interiors like oak leaves or quails on the beams."

He would also like the craft to be seen more by carving in public places so it "becomes an event, a cultural happening." As with any artist, having his work on permanent display would also be a boon.

Mark's fondest dream, however, is to have a working shop with himself and several other craftsmen. His dream includes seminars for local residents and classes. "Since I couldn't find a teacher I will become the teacher that I can't find," he said.

While waiting for patrons and students, Mark supplements his income by working at the Grapevine Deli in the Village. A recent resident, Mark and his family moved to the valley in September from Seattle, Washington. His wife Marie is also an artisan who makes handmade shoes. They have a five year old son, Zephyr, and a ten year old daughter, Mantania.

According to Mark there is a great deal more to his craft than creating a piece of art. "Many people find carving relaxing. For me it's intense," he said. The challenge is in creating a piece that looks good from far away as well as close up."

Regardless of the piece he is working on Mark said, "Carving for me is a spiritual release. I feel closer to god and close to the earth in producing this work, To me carving is prayer in action."

"If I can open up myself as a channel, through good work I can open others eyes to the beauty around us," and according to Mark that is his purpose.

With patrons Mark said he is strong enough and willing to push the bounds of carving into new heights.

"This is not a passing fancy," he said about carving. "I've taken this on and realize it takes a lifetime to master. I'm committed to passing on my zeal to people that are around me."

New Fishing Regulations

Effective January 1, 1985, there are new regulations regarding fishing on the Carmel River. When the flow is right, fishing will be allowed seven days a week.

Previously, fishing was allowed only on Wednesdays, Saturdays, and Sundays only, providing the flow was high enough (200 cubic feet per second).

With the new regulations in effect, when the river reaches that flow, fishing will be allowed every day.

According to California Department of Fish Game Warden, Michael Carion, however, it will be a while before fishermen can take advantage of the new law. "Right now it's been under 40' for the last few days. We'll need rain to get it up there," he said.

Though a boon for sportsmen, the new law may be of some concern to property owners. The Carmel Valley Property Owners Association Board, protested the extended fishing rights but to no avail said president, Jerry Foote. Ms. Foote board felt the possible damage to the river banks and tresspassing have concerned property owners and protested the change on their behalf.

Candace Snow Will Be The Guest Speaker At Network Member Showcase Meeting

Candace Snow, owner/operator of Database, a computerized bookkeeping service in Carmel Valley, will be the guest speaker at the regular Member Showcase Luncheon sponsored by the Professional Women's Network of the Monterey Peninsula on Tuesday, January 15, 1985, at the Crossroads Community Room. The meeting will start at 12 Noon.

Ms. Snow's topic will be, "How to Start a Business on Absolutely Nothing."

"When a woman has no cash in the bank, she cannot get a loan," Ms. Snow said, "but you still can have your own business."

Drawing deeply on her own experience, Ms. Snow will discuss ways and means of beginning without a financial cushion -- and succeed. Ms. Snow began Database three years ago after spending several years parenting. She attended Stevens College, Kansas University, and Wichita State University, and majored in psychology at all three places. She has had a diverse business background including working as a corporate executive, in commodities, and in career and personnel management.

Network members are admitted to the Showcase Luncheons without charge; non-member fee is $3.00. For information call 659-3933.

MPC Group To Tour New York City

Monterey Peninsula College Community Services will offer a spring travel-study tour of New York City which will emphasize the cultural aspects of "the Big Apple."

The tour, which will be led by Heinz Hubler, Director of Community Services at MPC, will feature eight days and nights in New York from March 26 to April 3.

Tour participants will enjoy four major Broadway and off Broadway productions, attend George Gershwin's PORGY AND BESS at the Metropolitan Opera House, go on a special guided tour through the Metropolitan Museum of Art, and take two sightseeing tours of the city itself. The city tour will include the Empire State Building, Times Square, Broadway Theater District, the Statue of Liberty, and more.

Tour participants will be asked to register as MPC students and pre-tour orientation meetings will be offered. The tour is open to persons of all ages and there are no educational prerequirements.

Cost of the tour is $945, which includes round trip air transportation, accommodations, and tickets to shows and tours. For more information, contact MPC Community Services (646-4051).

More Changes For Open Burning Proposed

Carmel Valley residents may not have to go to Watsonville to state their views on the open burning issue said Air Pollution Control Officer, Larry Odle. Though the issue may be discussed at the Board's January 17 meeting, Odle said he will recommend that Board members hold off any final decision until they can schedule a meeting here in the valley. The earliest possible time for that he said would probably be in February.

It has been over a year since open burning became an issue. There have been a number of workshops and hearings held regarding whether to ban open burning or not.

Originally Odle recommended that open burning be banned except on parcels with more than one contiguous acre. According to him, this proposal didn't have the support of residents on either side of the issue. He added the resident's support was needed if the regulations are going to be enforced.

His current proposal he feels will be "more widely accepted by the residents."

In general, the new proposal will "limit the number of burns on any one day in any one fire protection district." This requires the cooperation of the fire districts which, said Odle, have been very willing to help solve the problem.

Should the new proposal be accepted it will probably be reviewed on a regular basis he said, as more data becomes available.

More Information On Earthquake Insurance

Monterey County Emergency Operations Coordinator, Art McDole, offered the following information to clarify questions which may arise on the new Earthquake Insurance law which went into effect on January 1, 1985.

The new state law requires all insurance companies in California to offer coverage for earthquake damage to their current or prospective policyholders who own their homes or residential property up to four units, or who are renters.

According to McDole, the law has two primary objectives: 1) To promote awareness of the availability of earthquake insurance among residential property owners and tenants. 2) To make clear that loss caused by or resulting from an earthquake shall be covered only when earthquake protection is provided by a policy provision, endorsement or separate policy specifically covering earthquake loss.

"Many insurance companies will make the offer of coverage to both new and existing policyholders by certified mail, return receipt requested. Other companies may send the offer by first class mail requesting the policyholder to return a postcard or similar acknowledgement of receipt. The offer will be made in some instances at once, while other companies may send them near the annual renewal date of the policy," said McDole.

"Homeowners and renters are being asked to respond within 30 days after the initial offer is made, whether they want earthquake insurance or not. It is important to remember this is only an offer of coverage—there is no requirement to purchase any additional coverage."

"As with all other types of insurance there are a number of available options. Consumers are advised to carefully evaluate their need and desire for earthquake insurance protection. Points to be considered are their potential loss from earthquake, aility to replace the home or property, peace of mind from coverage, and the cost of premiums. If you have questions you should contact your agent, broker or company representative."

Carmel Valley Property Owners Association Will Meet Tonight At St. Dunstan's Church

The regular Board meeting of the Carmel Valley Property Owners Association will be held at 7:30 p.m. January 9, at St. Dunstan's Episcopal Church on Robinson Canyon Road. The tentative agenda includes reports of outgoing directors, elections and general meeting plans.

The public is invited.

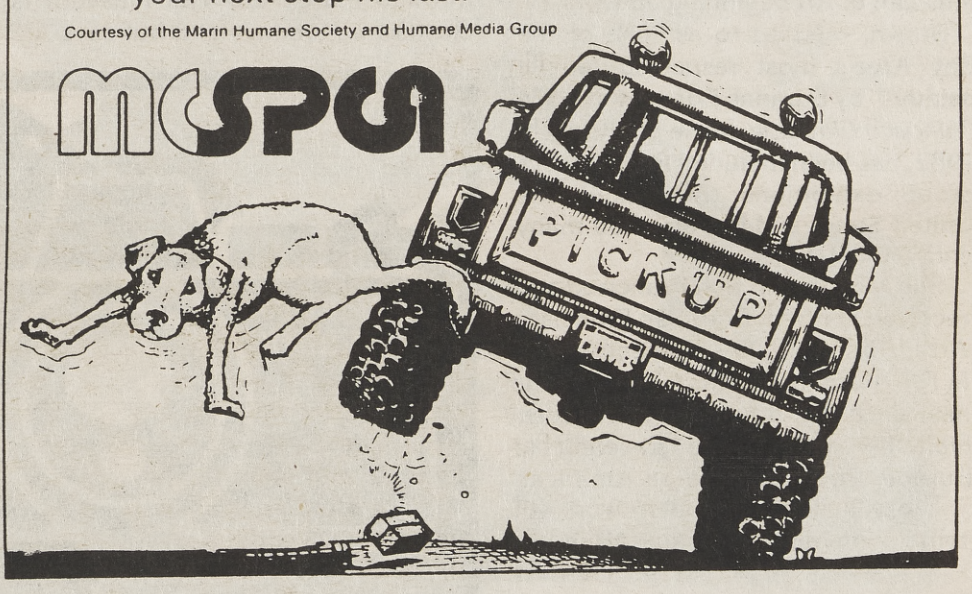
LAST EXIT

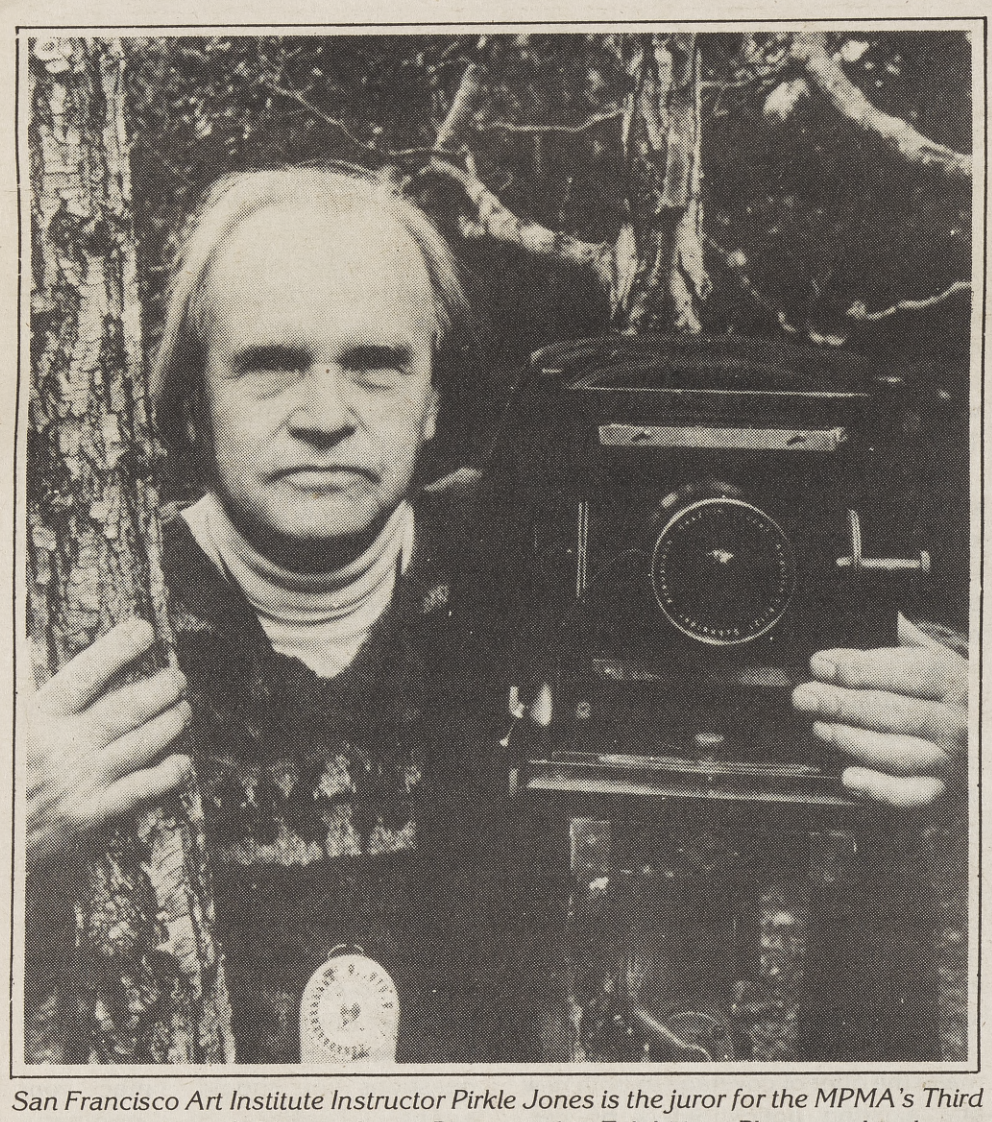
What happened? "Yesterday a guy driving a pickup truck came in with a dog that had 4 broken legs. He left him here."

How did it happen? "He was driving south on the highway. His tire hit something . . . the dog was thrown out at 55 m.p.h." This tragedy could have been prevented. The Monterey County SPCA has simple inexpensive solutions — Keep your pet in the cab with you, or use a cross-tie. Call the SPCA for more information. Don't make your next stop his last.

Courtesy of the Marin Humane Society and Humane Media Group

MCSPCA





San Francisco Art Institute Instructor Pirkle Jones is the juror for the MPMA's Third Annual Northern California Juried Photographic Exhibition. Photographs chosen by Jones will be on display at the Museum beginning January 19.

Juried Photo Exhibit Will Begin January 19

Works by Northern California Photographers will be on display in the *Monterey Peninsula Museum of Art's* Third Annual Juried Photographic Exhibition beginning January 19 in the Museum.

Images to be included in the show were selected by juror Pirkle Jones, a former assistant to Ansel Adams and an instructor at the San Francisco Art Institute for over 30 years. The photographs were entered in either "Professional" or "Amateur" divisions and were judged in three categories: Black and White, Color, and Alternate Process Photography.

"The show is noteworthy because of the diversity of works that are entered", Museum Assistant Curator/Registrar Rick Deragon explained. "Last year, over 400 photos were entered for consideration."

Photographers were allowed to enter up to four different images; those images, to qualify for the competitive, had to have been completed within the last two years and could not have been shown previously in local competition.

Photographs included in the show will remain on display through March 10 and can be seen Tuesdays through Saturdays from 10 AM to 4 PM and Sundays from 1 to 4 PM. The Museum is closed Mondays and holidays.

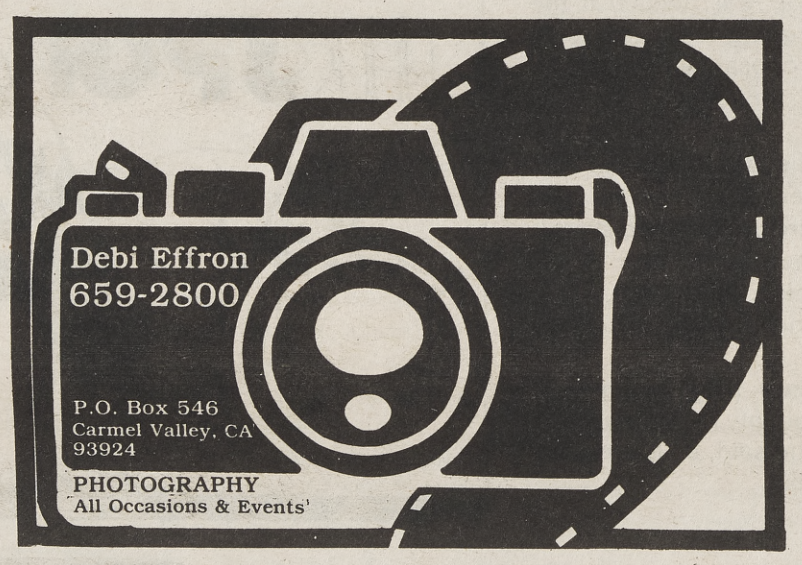
Joan Brown's Works Will Be Featured In Museum Exhibit

Recent paintings including several not previously displayed by San Francisco artist Joan Brown will be on display in the Monterey Peninsula Museum of Art beginning January 19.

Brown, referred to as "one of the Bay Area's most respected female painters" by Suzanne Boettger in a *San Francisco Chronicle* article published in 1982, has been included in numerous group exhibitions throughout the United States and has also had many solo exhibitions.

She was born in San Francisco and received her BFA from San Francisco Art Institute in 1959. She earned her M.F.A. from the Institute in 1960. She has, since that time, continued to exhibit her work while traveling to Europe, Egypt, and South America.

The exhibition of her latest work will remain on display at the Monterey Peninsula Museum of Art, at 559 Pacific Street in Monterey, Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m. through March 10. The Museum is closed on Mondays and holidays.



Museum Of Art Begins Spring Extended Education Classes

The Monterey Peninsula Museum of Art Extended Education Spring, 1985 program begins January 7 with three classes taught by Museum Director of Extended Educaiton George De Groat. A fourth class taught by Joyce Valpey has also been scheduled.

De Groat's classes include: Life Drawing, which will beet on 12 consecutive Mondays beginning January 7 and ending March 25. Principles of Painting, which will meet on 12 consecutive Tuesdays beginning January 8 and ending March 26. Advanced Drawing which will meet on 12 consecutive Wednesdays beginning January 9 and ending March 27.

All classes will meet from 10 a.m. to 4 p.m. in the Frank Work residence in Monterey. Tuition for each semester-long course is $170. Further information is available from George De Groat at 623-4028.

A class in Wearable Art will also be offered through the MPMA program by Joyce Valpey. Her course will begin Friday, January 11, and continue weekly through March 29 from 10 a.m. to 2 p.m. Tuition for the course is $120. Further information is available from Ms. Valpey at 443-4998.

Both instructors are, through their courses, continuing their affiliation with the Museum.

De Groat has served as the Museum's Artist-in-Residence/Director of Extended Education for more than eight years and has also taught at the Art Center College of design in Los Angeles, California State University at San Diego, and Otis Art Institute of Los Angeles County. His work has been published in several art books and magazines and is included in several collections including the Monterey Peninsula Museum of Art's permanent collection.

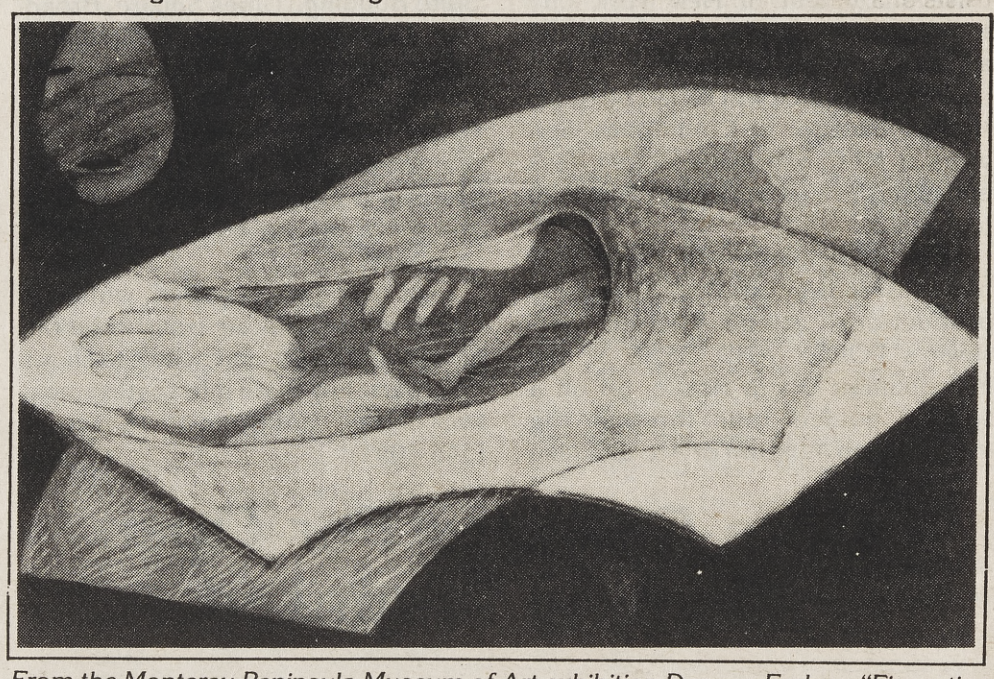
Ms. Valpey's teaching experience includes participation in the Extended Education program, painting, drawing, and collage classes given in Munich and Berlin, and a class at Monterey Peninsula College.

Art Competition Silver Medalist Deanna Forbes Works Will Be On Exhibit At Museum Of Art

Figurative works on paper by Los Angeles International Art competition Silver Medalist Deanna Forbes will be exhibited in the Monterey Peninsula Museum of Art from January 19 through March 10.

The Monterey resident's series of "expressive works" were completed "with an expert draughtsman's hand, a sensitive control of tone, and a feeling for the power of distortion of forms," Museum Assistant Durator/Registrar Rick Deragon said recently.

Recognition of forbes' work, in addition to that given at the 1984 L.A. International Art Competition, includes a first prize award given through the Triton Museum of Art's Frouth Annual Competitive Exhibition in 1984. Several group and one-person exhibitions of her work, furthermore, have been held throughout California since her inclusion in the Phelan Show at the de Young Museum in San Francisco in 1962.



From the Monterey Peninsula Museum of Art exhibition Deanna Forbes: "Figurative Works on Paper" will be on display starting January 19.

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Mark Andrew
659-5340

Museum Of Art Will Feature Plein Air Artists Of California

Works by four Southern California artists who call themselves the Plein Air Artists of California will be on display in the Monterey Peninsula Museum of Art from January 19, through March 10, 1985.

Paintings in the exhibition by Bill Perkins, Daniel W. Pinkham, Ted Pressett, and Amy E. Sidrane of Southern California, were all completed during a recent excursion to several European countries where the group "studied the atmospheric effects of light and the poetic qualities of the indigenous color," according to Museum Assistant Curator/Registrar Rick Deragon.

The group, formed two and a half years ago when friendship and mutual interest in painting—craftsmanship, color relationships, color harmony, and on-site execution—brought them together. Having similar backgrounds in their art training, the artists began their Plein air—painting before a subject out of doors—series of painting trips which has taken them to New England and throughout the United States. It was a desire to see the collections of the great European Museums and to explore the dramatic light of the European countryside which led to their recent extended visit to Italy, France and Spain.

"By being mobile and close to the landscape, 'breathing' it every day, we were able to 'live' painting," Pinkham explained. "Everything was seen as a painting after a while. We were stimulated and were able to grow.

"Painting in front of the subject became second nature; the hand, arm, eye, and mind all became one. We just moved into each painting."

The exhibition of their recent work will be on display in the Museum Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m. The Museum is closed Mondays and holidays.

Daniel W. Pinkham, "Windmills, La Mancha, Spain," from the Plein Air Artists of California who will be on display at the Monterey Peninsula Museum of Art beginning January 19.

PG Art Center Will Hold Exhibits Preview

Member and Friends of the Pacific Grove Art Center are invited to attend a preview of January Exhibits opening on Friday, January 11, 1985 at 7 p.m. at the Art Center, 568 Lighthouse Avenue in Pacific Grove.

The Gill Gallery will feature "Darkness Visible" by Herlinde Spahr, a resident of Orinda, California. Ms. Spahr received her MA from the University of Antwerp in Belgium. Her work has been exhibited here, and in Los Angeles, New York and Belgium. the "Aeneid Series", shown here for the first time in its completed form, consists of a series of black and white lithographs. In addition, a second series, consisting of seven large drawings, each framed in wooden windows will also be shown. The absence of color in her work is deceiving. Ms. Spahr finds "color most seductive when rendered in shades of grey, when the grainy texture of paper and limestone accentuate the basic luminosity of a world in which darkness becomes visible."

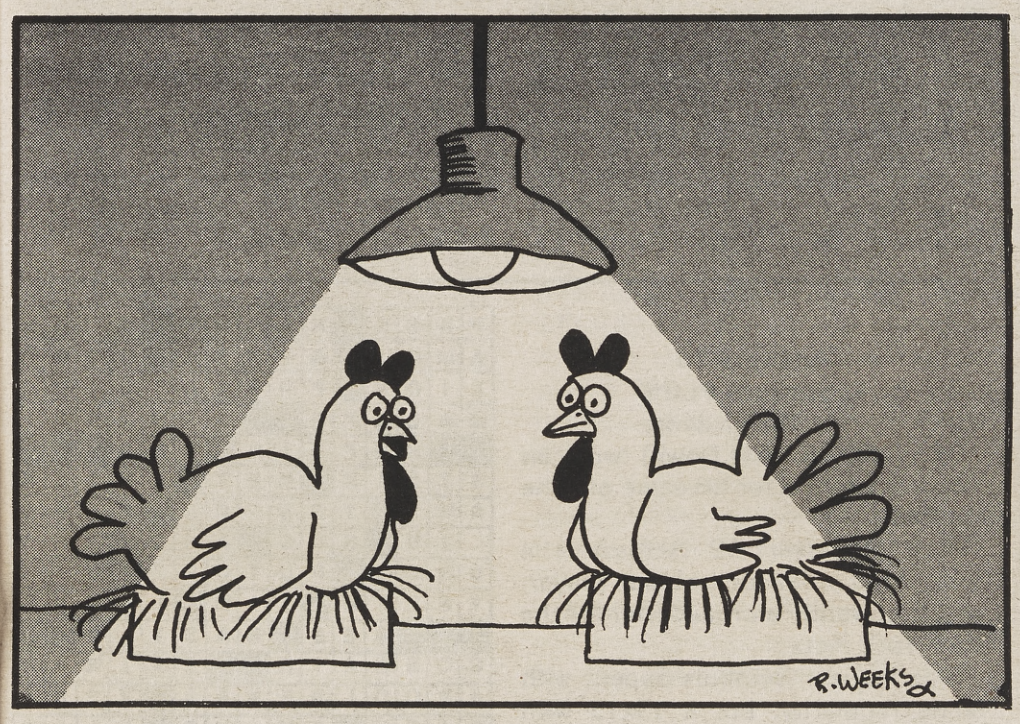
In the New Hall Gallery will be featured "Drawings, Prints, & Paintings" featuring artist Darien Payne. As an artist who uses watercolor, prismacolor, oil, and woodcut, the aim of Ms. Payne's current show "is to express something of the power in the small and domestic, and the strangeness of the ordinary." combining her education and extensive professional experience she has participated in numerous group exhibits, including "Art of Scenic Artists, Their Personal Work", at the San Francisco Opera House, and "First Impressions", World Print Council, Ft. Mason. The works in her current exhibition are being shown for the first time in this area.

In the Photography Gallery will be the works of Tony Gardner and Ken Fadem. "The Eternity Series" features Gardner, a resident of San Bruno. He was the recipient of a grant from the Polaroid Corporation making possible this innovative body of work. The process employed is that of assemblage—using still lifes, found objects, figure cutouts and photographs to create prints that "are about darkness" and "our choices and their consequences". All the images have been archivally processed, and generally exist in very small editions. Mr. Gardner's background includes extensive exhibitions on the West Coast, including many one man shows; works held in public collections of the Museum of Modern Art, and the California Museum of Photography, to name just two; and his work has appeared in publication.

"Poetry in Silver", features Ken Fadem, a resident of the Monterey Peninsula for the last four years. His interest in photography goes back to the early 70's in New York City. To fully understand his most recent body of work it is necessary to understand his visual concept of peotry. That "layers of form and color (in the photographs deep areas of grey and black and wisps of white) equal layers of thought and conciousness" is a central concept in Mr. Fadem's work. The visual world he has captured for us seems to "fold and turn, forming and reforming itself in a dance of pure potentiality and vital spirit".

Gallery hours are Tuesday through Saturday, 11 to 5 p.m. These exhibitions continue through February 23, 1985.

OUT IN THE VALLEY by Rodger Weeks



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BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

The New Year always brings with it the hopes and dreams of the future, and your Chamber is planning many special events in the coming year. We will continue our regular general membership luncheon meetings; however, in 1985, they will be on the second Thursday of each month. Thus, our first luncheon will be on Thursday, January 10, 1985, at 12 Noon, and will feature JOHN McCAULEY, president the the McCauley Company, who will talk about automation and small businesses.

JOHN McCAULEY is a man of rare perception and with a definite bent toward seeing into the future...at least, he saw the future of automation as it pertains to the insurance industry many years before it was an accepted fact that the new technology would change not only the insurance industry, but every other industry, large or small, as well. JOHN founded The McCauley Company in Chicago, but moved to Carmel a number of years ago. He is an expert on vendor application to small businesses and the benefits and hazards of automation to the small entrepreneur.

As our first speaker in 1985, JOHN will provide food for thought for all who recognize that automation -- be it a word processor or an entire system -- is a part of growth and prosperity IF the entrepreneur knows what to choose and when to choose it.

The lunch meeting will be at the Carmel Valley Inn and, as always, reservations are required. Plese call the office and let us know you are coming.

For the first time in its history, the Chamber of Commerce serving Greater Carmel/Carmel Valley has a woman president. She is LOIS LAMAR, Assistant Vice President and Manager of Western Title Insurance on Carmel Rancho Lane. MS. LAMAR was one of five officers elected unanimously by the Board of Directors recently. Other officers are STEVE AUSTIN, D.D.S., first vice president; JO LOMANTO, Bank of America, second vice president; KIM HARTFORD, O.D., secretary, and JUDY CASWELL, JCS Word Processing, treasurer.

MS. LAMAR has been with Western Title Insurance for 28 years. She is a native Californian, and was born and raised in Monterey County. She attended local schools here, including Hartnell College in Salinas. She is vice president of the Quota Club of Carmel, and is active in other community affairs.

MS. LAMAR wants to "increase membership" in the Chamber, and wants to "do a community service project, something for Carmel Valley."

DR. STEVE AUSTIN is well-known to most Villagers as the genial young dentist at the Carmel Valley Family Dental Care Center on Ford Road. DR. AUSTIN was also first vice president on the retiring Board of Directors. He is a Kiwanian, and writes a column on that organization for the *Carmel Valley Sun.*

MS. JO LOMANTO is the manager of the Carmel Valley Branch of Bank of America, and has held this position for the past 5½ years. Last year, she celebrated her 25th Anniversary with Bank of America. MS. LOMANTO has been Treasurer of the Chamber for the past five years, and says of her new position as second vice president, "I want to see the Chamber grow and build its membership so that it can better serve the community."

DR. KIM HARTFORD and her husband, Irving, have their optometric practice on Berwick Drive in Mid-Valley. DR. HARTFORD was appointed to fill an unexpired term on the retiring Board, and was re-elected by the membership this past November. She is a member of the Professional Women's Network of the Monterey Peninsula, and is active in community affairs.

JUDY CASWELL is the owner/operator of JCS Word Processing on Story Road. She has been a member of the Chamber for about three years, and has been active in several Chamber functions.

Very sincere congratulations to all of the new officers of the Chamber. These are splendid people, elected from an aware membership, and highly qualified to lead the Chamber in the coming year. Congratulations, all!

A special thanks to outgoing president CHUCK MC KAY who worked so hard to advance the Chamber's cause. CHUCKS' willingness to initiate events and bring the Chamber into the mainstream of community thought and activity has brought him personal and professional acclaim by Chamber members and Directors. CHUCK will continue to serve on the Board of Directors as past president.

Now, as the Chamber begins its new year concommitant with the calendar New Year, we look forward to better serving the community as we continue to grow and expand. The Chamber looks to a happy and prosperous New Year, and wishes YOU, the reader, everything that is wonderful in 1985.

The Board of Directors will meet on the third Thursday of each month during 1985. Our new officers are LOIS LAMAR, president; STEVE AUSTIN, first vice president; JO LOMANTO, second vice president; KIM HARTFORD, secretary, and JUDY CASWELL, treasurer. All Board meetings are scheduled to take place at the Carmel Valley Inn. Speaking of Carmel Valley Inn, your Chamber Board owes a debt of gratitude to JOHN McCORD, Manager of the Inn, and especially to KIM GALLOWAY, who has been in charge of arranging both our luncheons and our Board meetings. KIM has never failed to provide the extra touches that have made it so pleasant and effective to have our Board meetings in the quiet, nicely appointed Board Room. KIM, however, is planning to leave the Carmel Valley Inn in early January to resume her journalism studies in Southern California. KIM GALLOWAY will be missed by the Chamber, and especially by your Executive Director. She is a pleasure to work with, and is trustworthy and efficient in following directions, attending to needs, and most importantly, in making suggestions and recommen dations. Good Luck to KIM as she contunues her studies. She will be missed.

****

We have planned for three Mixers during 1985... on March 28, June 27, and October 24. Places and times will be announced as these dates approach. We will again celebrate Fun in the Sun Day at the Community Center Park, and the tenative date there is September 8, 1985.

****

The Chamber Board has its work cut out for it in 1985, that's for sure. I would be remiss not to mention our Past President, ROBERT "CHUCK" McKAY. For the past year, CHUCK has served as president, and will serve another year in the past president's slot. CHUCK has been both innovative and persistent in his efforts to effect growth and community involvement for the Chamber. He has worked hard and given much to the Chamber, its Board, and its members. From all of us, a hearty vote of appeciation, CHUCK McKay.

****

If you have questions regarding your Chamber, please let us know and we will try to answer them. In the meantime, may 1985 be your best year ever! See you next time.

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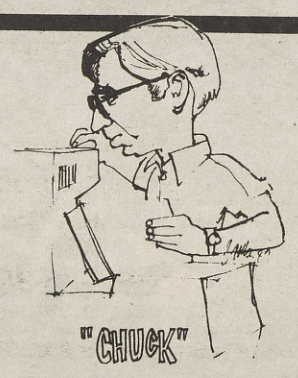

Answers To
Crossword PLUS
And Then I Wrote

Nino ROTA (61 Down) won an Academy Award for his score of "The Godfather."

TIM McCarver (52 Across) is a former major league baseball player, and is currently a broadcaster for the New York Mets.

Puzzles with symbols appear with some regularity, but a 15x15 with eleven of them is unusual indeed.

P	A	C	K		H	&	O	U	T		G	N	A	R
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S	T	A	T		L	&	M	A	N		S	L	A	T

ZIMMERMANN NOTES

by Stephan P. Zimmermann

This is the first in a series of articles designed to guide the entrepreneur through concepting, starting and operating a business.)

So you're tired of your daily job grind, have saved up a little money, and someone has given you the idea: "Why not start your own business?" The concept appeals to you, you've always felt that you were the entrepreneurial type, and the freedom of running your own operation—being your own boss—sounds like the ideal way of living. You walk into the boss, hand in your resignation (with grace, charm and polish so as not to burn any bridges) and now you're taking a few weeks off to organize your thoughts and venture forth into the world of the private businessman (or woman). Where to start?

Let's assume that you've got the necessary skills and assets to permit you to take this all-American, adventurous step: you're basically imbued with native intelligence, may have a degree or technical training in a specialty area, and a small amount of capital available to take the plunge. In short, you've got all the basic ingredients to provide you the independence of a lifetime. Above all, you've got a positive outlook on life and on your fellow human beings.

Before charging ahead in relative blindness, though, sit back during your transition-vacation, and take stock of some of the necessary facts you'll need before putting down a cent of your hard-earned wages on the business venture. Why should you go into business? What will be your objectives? What are the problems you'll be likely to encounter? How do you measure success five, ten years down the road? Let's tackle each one of these in turn.

The objectives of business used to be defined as "make a profit and provide a service." While those two goals are still at the heart of the entire exercise, the world has become more complex, and business owners today are looking at tangible rewards (goals) such as having the largest market share in a particular business; creating the largest sales; minimizing cash flow; and last but not least, increasing wealth.

All of these goals are directly quantifiable, that is, they can be measured by normally accepted standards. Quantification of goals, and their measurement of success are relatively easy to accomplish, expecially today with computers providing most of the tedious number-crunching. Markets can be readily identified and the relative market share predicted within a few percent, using available mathematical tools. Cash flow and profitability are measured under generally accepted accounting principles, and any competent CPA can provide an analysis of how well you've done is a simple exercise in addition and subtraction. Harder to define is "wealth".

"Wealth" means different things to different people. To one person, it's the absloute amount of tangible goods and services he owns; to another, the goods and services he controls. To yet a third, wealth may mean having just enough money to pay for his basic living expenses, while at the same time enjoying a lifestyle unfettered by the office stool. If we measure wealth as a quantity of satisfaction derived from any particular activity, and give it the name "utility" we may achieve a commonality of understanding. Utility measures the amount of satisfaction derived from any given number of hours worked or dollars invested in relation to what those hours or dollars could have earned in an alternate situation. For example, if your job paid you $25,000 per year for an eight hour day, and you received two weeks vacation, any alternative position you undertake—(including being your own boss) must give you (a) more money for the same amount of time, or (b) the same amount of money but more free time, or (c) preferably both more money **and** more free time. Makes sense, doesn't it? If you were to receive less money and less free time, you'd be stepping down the lifestyle ladder, right?

Thus, you can objectively measure your potential business by a pretty objective yardstick. And now that you've completed that task, you have to realize that there are a few more choices to be made. If you finance the business directly yourself, and you're going to be the only one working the business, you're in the clear. Whatever profit that business provides, it provides to you. But the minute you decide to take on a partner, or form a corporation, you suddenly have to realize that the business is no longer yours: you may be the boss, but that freedom carries with it a certain responsibility. If you take on partners, even if they're "silent" (and few partners ever are) or if you incorporate and take on shareholders, your primary responsibility will be to make sure that their money is wisely used in the business. You're effectively an employee again. Sound depressing? Not really. You will still have more freedom and more control over your own life compared to being an employee. And, as long as you're realistic about the responsibility of using someone else's money, you'll do well, for then your objectives and the objectives of the investors with you, will blend nicely. It's only when your objectives and your investors' objectives clash that you all run into trouble. Harmony in business objectives, and the distinct definitions of those objectives is a paramount concern in starting your own operation. Next issue, we'll define the objectives of investors in more detail. In the interim, happy planning.

FACE TO FACE

Met A Model

by Dan Derr
Designer/Photographer

Each January thousands of catalogs offering all manner of mail order dreams are being produced for Spring and Summer mailings. The majority of these use numerous "models"—actually people like you and me and the next door neighbor—to present their products in a realistic, hometown fashion. Sure some are slick and fashion-y, with beautiful and handsome epitomes of how we're supposed to want to appear, but most are very "Sears catalog" at best, with some down right grubby and homely—obviously tuned to some obscure and lucrative market. (So how come I got a copy?)

Today the modeling market knows no boundaries. Cheryl Tiegs exploded the myth of the aging out-of-work model, with million dollar contracts. Wendy's "beefy" grandmother has uncovered a lot of "lettuce" under her now well-buttered bun. And there's a baby on a diaper TV ad that has "bye-bye" down tight enough to keep her rolling in royalties for many years to come—at least until she fills out a little.

Remember this: Scavullo started photographing Brook Shields when she was only 5, and if **he** holds up through the years, he'll probably be photographing her gray hairs when **her grand-kids** are 5.

Modeling can be lucrative, but more often, an enjoyable and gratifying second income, as well as a stepping stone to other things. Besides developing poise, personal grooming, and self-assurance, modeling furnishes life experience through the people you meet and places visited.

Difficult? Impossible? Hardly. If you can sit still for a moment, follow simple directions, and allow someone else to use you as their tool, you can model. Look, when you walk into church—do you slouch? Before going into a fine restaurant do you check zippers, ties, makeup, hems? Do you cut your nails, or file them? Are you at ease with your body, regardless of what the scale says? Does that scar on your chin really bug you—or is it simply, character? And when was the last time you smiled at yourself in the mirror—I mean—a real grin?

Several people have asked me to open a modeling/school/agency. Most who know me admit there's not enough hours in my days. Thus I have planned a models' co-operative for those who are interested in controlling their future career. In essence, it's my STAR SEARCH here on the peninsula, it allows me to fill my files with real people, instead of relying on serendipity to furnish the perfect face or fingernails to fit the shot. It's fun, doesn't hurt a bit, and...who knows? So far those who've responded are male and female from three to thirty-eight. Who's next?

Allan Funt used the term, "Smile, you're on *Candid Camera*!" The sign on my door states simply, "SMILE, you're on!"

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NETWORKING

by Grace Darcy

Who is she? That's the annual question asked by members of the Professional Women's Network of the Monterey Peninsula as the time draws near to announce the 1985 Networking Woman of the Year. It's one of the best kept secrets in the world, and the Committee, headed by DR. BARBARA HIRSCH, Monterey Podiatrist, isn't saying a word.

The announcement will be made at the Second Annual Installation Dinner on Tuesday, January 22, at the Holiday Inn. SALLY NASH, Holiday Inn's Banquet Director, has promised an excellent buffet for those who wish to attend, and most of the Network's membership does attend. Last year's event, the first, saw 85 women and several gentlemen come to share in the festivities. We hope to equal or better that number this January 22.

Fifth District Supervisor KARIN STRASSER KAUFFMAN will be our keynote speaker. Network women are particularly proud of KARIN, who is a Network member, and all that she has accomplished. It is warming to know that one of our own has done so well, has contributed so much, and will continue to work in behalf of her constituency for the years to come. We are pleased and delighted that KARIN will be with us.

SUE PARRIS of Carnation Seafoods will again be Director of Ceremonies, and the new officers will be presented to the membership for the first time. Sorry, I don't know who they are because they won't be chosen until January 16. We want to thank SUE for consenting to emcee the program again this year. SUE'S warm and friendly, yet highly professional, manner was a major factor in the success of last year's Installation Dinner.

The Installation Dinner Committee is comprised of JUDY CASWELL, GRACE DARCY, SALLY NASH, SUE PARRIS, and CANDACE SNOW.

****

As we have reported, The Network will again sponsor a Day of Workshops at Monterey Peninsula College as part of Women's History Week 1985. The Day of Workshops will be on March 2, and promises to be even better than last year's event, if that is possible. PWN Board members LESLIE SIMON and CAROL DONALD are in charge, and also serve as The Network's liaison people to the Women's History Week Steering Committee, comprised of representatives from women's organizations throughout the Monterey Peninsula. More about the Day of Workshops and Women's History Week as the time draws near.

An exciting adjunct to Women's History Week was proposed by Carmel Valley artist and PWN member LYNN LARSON. Based on internationally known artist Judy Chicago's The Dinner Party, LYNN, aided and abetted by CAROL DONALD, has formed a Committee to hold a series of Dinner Parties on the Monterey Peninsula to celebrate women and Women's History Week. The Committee will sponsor three separate Dinner Parties: (1) An Elegant Luncheon Buffet at The Pebble Beach Lodge; (2) A Women in History Costume Dinner Party at Camel Valley Inn, and (3) A Pot Luck Dinner Party at the Pacific Grove Art Center.

Reservations are a MUST for attendance at any one or all three of the Dinner Parties, and more information will be forthcoming shortly as the Committee firms up its plans.

The idea is an exciting and delightful one, and LYNN LARSON hopes that all of the women in the Monterey Peninsula communities will become involved with at least one of the Dinner Parties. Here is a way to reach out to other women, and to share an important celebration with them.

****

As you can see, there'll be lots of things to talk about in 1985, including a new series of broadcasts by PWN women over Radio Station KAZU, public radio. We are talking with PWN member and KAZU Station Manager BABARA ROSE SHULER about the whys and wherefores, and will report to you as soon as we know.

****

I would be remiss, indeed, if I did not start out the New Year with a mention about DEBBIE SAXTON, a PWN member of considerable importance. A very special thank you to DEBBIE for her support of The Network in THE CARMEL VALLEY SUN from all of the women who comprise the Professional Women's network. May 1985 find you more successful in your newspaper and with your typesetting business than ever before, DEBBIE. You have our good wishes and our support.

****

One last note ... try to attend the grand opening of the Carmel Valley Women's Resource Center on January 14. PWN members VERONICA LINDSAY and KATHLEEN SPARR are the Co-Directors of the newly formed Center, and they, too, deserve the support of PWN women everywhere.

****

Until next time, have a prosperous New Year.

THE BOOKWORM

by Mary Berta

When my brother came from Texas to visit me during the Christmas holidays, we reminisced about our childhood. He looked at my book shelves and noticed three books that he had given to be for Christmas and birthday gifts when I was about eight years old. They were all "OZ" books written by L. Frank Baum, "The Tin Woodman of Oz","The Road to Oz", and "The Yellow Knight of Oz". The price at that time was about one-tenth of the price of hard cover books today. How times have changed! How's that for a record of treasuring gift books? There are more old children's books on my shelves and perhaps some of you have treasured your gift books from your childhood.

Hopefully you gave your children some books as gifts under the Christmas tree that they will treasure now and in later years.

Books are always a good gift the year around, a little like receiving a prize. The child can enter the world of the author and interact with the characters, rather than just sitting passively in front of the TV, which requires no mental gymnastics as a book does.

Half of the school year has already slipped by. How is your child faring in the important basics? If he or she is falling behind, now is the time to come to his or her aid with special help. I am dedicated to helping children succeed in reading, spelling, comprehension, creative writing, and math. Please call 659-2305.

Women's Resource Center Elects New Officers

Four women were elected officers of the Carmel Valley Women's Resource Center, the newly-formed non-profit organization designed to expand the interest and quality of resources and services available to women in the Carmel Valley area. They are Grace Darcy, President; Diane Littlefield, Vice President; Francie Goodrick, Secretary; and Candace Snow, Treasurer.

Grace Darcy is a free lance writer and editor. She is a founder and President of the Professional Women's Network of the Monterey Peninsula, and is the Executive Director of the Chamber of Commerce Serving Greater Carmel/Carmel Valley.

Diane Littlefield is the owner/operator of Littlefield's Bookkeeping Service on Franklin Street, Monterey. She is active in community affairs, and brings with her much experience in finance and sales.

Francie Goodrick is a seamstress with Wardrobe Magic, near The Barnyard, She has been a volunteer for the Monterey Rape Crisis Center for over a year, and was a homemaker for a number of years.

Candace Snow is the owner/operator of Database, an automated bookkeeping service in Carmel Valley. She is a founder and treasurer of the Professionals Women's Network of the Monterey Peninsula, and is active in community affairs.

In addition to the officers, the Board is comprised of the following women: Gail Buche, Marie Kasing, and Illia Thompson. The Co-Directors of The Center are Veronica Lindsay and Kathleen Sparr.

For further information about the Carmel Valley Women's Resource Center, please call 659-3445.

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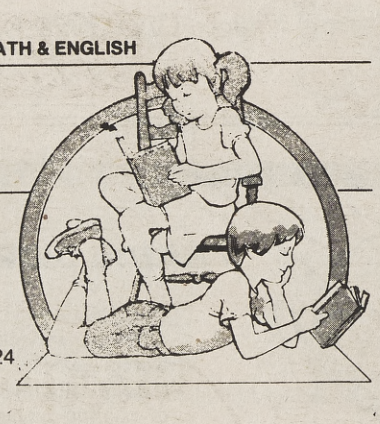

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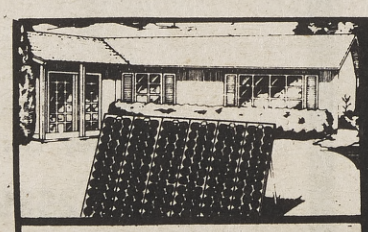

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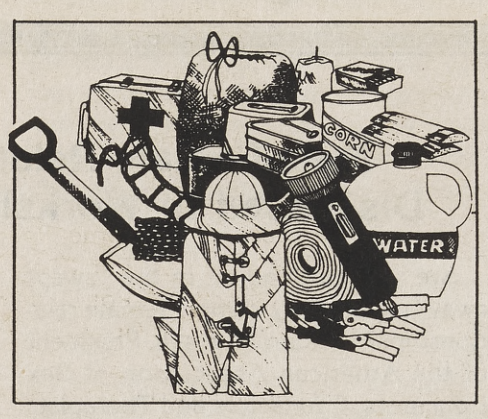
WHERE THERE'S SMOKE

by The Fire Department Staff

Survive Winter

Each year, winter leaves behind a wake of death and destruction in much of our nation. As we have experienced in the recent past, Mother Nature can be quite destructive in our community, as well. Weather patterns tell us that winter storms will continue to be severe. When winter storms strike, they can, without warning, bring excessive cold, wet, windy conditions, causing floods, mud slides, power outages and freezing conditions. These severe conditions present problems of transportation, communication, isolation, entrapment, home heating, inadequate provisions of food and medicine and the threat of fire. Fatalities and property damage result from severe winter conditions. Lives and property must be protected from winter's cruel and costly consequences. YOU CANNOT CHANGE THE WEATHER BUT YOU CAN AFFECT ITS OUTCOME.



Plan for what comes naturally:

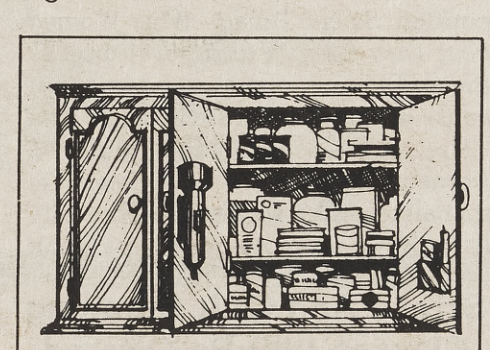
YOUR HOME

Lighting and heating—know how to use your emergency lighting and heating equipment safely to prevent fire or dangerous fumes.

Emergency supplies—keep items on hand to use during severe conditions such as: non-perishable foods, bottled water, medicine supply, flashlights, batteries, candles/matches, fire extinguisher, non-electric clock, non-electric can opener, battery powered radio/batteries, extra blankets, fuel for heating and cooking equipment.

Keep emergency phone numbers by the telephone (911).

Piece of mind—agree with neighbors to check on each other during and after severe storms.



YOUR HEALTH

Pace your outdoor activity—if you must go outdoors and exert yourself in cold weather do not over exert. Staying active does help the body generate heat, however, overexertion can pose a serious problem when combined with cold weather and increases the risk of heart problems and stroke.

Keep a thermos of warm beverage close by.

Hypothermia is particularly threatening to older adults and young children. When the internal body temperature drops below 95° a person can experience confusion, slurred speach, stiff muscles and uncontrolled shivering. These are symptoms of hypothermia and can be fatal. Get help immediately.

Eat properly and don't skip meals—a well balanced diet will help the body produce its own heat.

Dress properly—wear several layers of thin clothing to provide the best protection from cold and its dangers.

FOR CHILDREN

Teach children how to listen to weather reports so they can prepare to dress appropriately for playing outdoors.

Emergency survival may include the use of candles, matches, fireplace, portable heaters and cooking equipment. Children should be cautioned around the use of these items.

Show children where the emergency supplies are kept and instruct them on the use of the supplies.

Instruct children how and when to call for help (911).

TRAVEL

Travel only when necessary during severe weather conditions.

Keep your vehicle in good condition: tires, engine tuned, radio, heater, defroster, wiper blades, exhaust system in tact, battery, jumper cables.

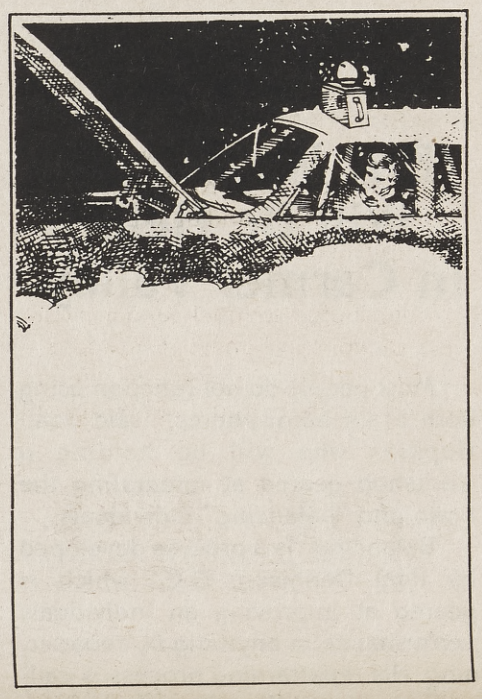
Maintian a full tank of gas.

Have emergency supplies in your vehicle: warning devices (flares) flashlight/batteries, blanket, extra clothing (socks, hat, mittens, boots or overshoes), bottled water, non-perishable food.

Keep a shovel and chains in your vehicle if you are planning to travel in snow, ice or muddy conditions.

Take refuge in your vehicle. Do not attempt to walk a long distance for help.

Reduce the hardship this winter by being prepared for emergencies. SURVIVE WINTER WISELY.



THOUGHTS

by Illia Thompson

Upon us again, is the New Year. Renewal, an opportunity to become that which we were meant to be. Sometimes guidelines are needed. I received a few from my son as the result of a school exercise and I'd like to pass them on.

Timed writing gives the student a chance to write speedily, concentrating on one subject. It's akin to the brainstorming that I enjoyed during my college days. "Two minutes to write, " the teacher directed, "on the subject: BE YE KIND." The following list came home: Presents, love, invite them over, give a note, tell a joke, *helping out, comfort, be a friend,* welcome new people, share, don't leave anybody out, be gentle with people, be concerned, encouragement, be honest, believe in people.

As I regarded the list, I noticed that these were all within most people's range of possibilities. None need high financing; all involve giving of the self, usually in a way which enhances both the donor and the recipient.

As you make your New Year's plans, why not brainstorm and create your own list. It might hold an element of surprise which is, of course, one of the *reasons that we welcome the New Year.*

Journal Writing Class Will Be Offered

Beginning Thursday, January 31, a class "Thoughts: Journal Writing" will be held from 1:00-3:00 pm at the newly formed Carmel Valley Women's Resource Center on Delfino Place. This class is sponsored free of charge by Monterey Peninsula College through its "Learning is Living" program. Illia Thompson will be the instructor. Call 659-3445 for further information.

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TO YOUR GOOD HEALTH

E-K Workshop Will Be Held In Carmel Valley

Joan Hopkins repatterns Lance Mathew Thompson. Photo by Peter Hopkins.

"Most people do not function using both brain hemispheres," said Joan Hopkins who will be holding a workshop geared at integrating the brain and "balancing" individuals.

"Balancing" is a process developed by Paul Dennison, D.C., which is geared at improving an individuals performance in anything by repatterning. His repatterning process is called Educational Kinesthetics, and ac*cording to Ms. Hopkins, "in a year it's going to revolutionize learning."*

E-K is based on muscle testing practiced in *Touch For Health* by John Thie, D.C. which incorporates Chinese accupuncture.

"Some people feel there's a little hocus pocus because of that, but once you've gone through the mechanics you don't feel that way," said Ms. Hopkins.

It also incorporates the cross-crawling techniques which have been used for years to restore neurological functioning when there has been severe brain damage.

In "balancing", the dominant side of the brain must first be determined using the *Touch For Health* muscle testing techniques. Then, through a series of simple exercises called homo lateralling and cross patterning the individual is "balanced".

"It only takes three minutes," said Ms. Hopkins, and added that once an individual is balanced "it lasts a lifetime."

What takes place in "balancing" is that old brain patterns are inhibited and new brain patterns that integrate both sides of the brain take place.

According to Ms. Hopkins, children she has balanced have been immensely affected. "I have kids stand up and read and they read perfectly," she said. Prior to this they read with difficutly. The procedure, has also been used to train Olympic athletes which markedly improved their performances.

By additional repatterning said Ms. Hopkins, not only can academic and physical skills be improved but a variety of physical afflictions can also be improved as well.

Ms. Hopkins was introduced to E-K through special education teacher, Joan Melton. She then attended a workshop given in Oakland by Phillip Crockford, and became very enthusiastic about her new discovery.

A teacher by trade, Ms. Hopkins has substituted in schools throughout Monterey County. She is a graduate of Barnard College and holds a California Life Elementary Teaching Credential. She also attended Pamona College for two years and spent a year studying music in Munich Germany on a German Government Grant. She received her teaching credential from Bank Street College of Education in New York and the Monterey Institute for International Studies. Currently she is a substitute teacher in Monterey County.

She has been practicing "Touch For Health" for four years and has taught music in several Monterey County schools as well as given private piano lessons. She has written books and musicals for children.

Last November, she took and Advanced E-K four-day workshop with Dr. Dennison. Her experience urged her to help spread the method as quickly as possible once she realized the tremendous implications of the method.

In the E-K Basic workshop, Ms. Hopkins will give an introduction into the philosophy and basic methods of E-K. She will also discuss methods of improving the skills of slow readers, methods to overcome reversals, left/right confusion, ways to reduce emotional stress and behavior problems, and how to identify the individual food and environmental sensitivities which can contribute to learning problems, hyperactivity and short attention spans.

The cost of the workshop is $30 in advance and $40 at the door. Seating is limited and reservations are suggested. Call 659-2086 for more information.

Ms. Hopkins lives in the valley with her husband, Peter, who is a freelance photographer and makes frames for Asilomar Gallery. They have two grown children: Pam, 24, works in Marine Biology at the University of California in Santa Barbara; Chris, 22, is a director in Hollywood.

Male-Female Relationships Will Be Discussed In Workshop On January 11

Are you still caught in the "swept away" psychology of male-female relationships? Dr. Carol Cassell, President of the American Association of Sex Educators, Counselors and Therapists (AASECT) takes a fresh look at the sexual revolution and offers new insights at a workshop on Friday, January 11, 1985 at the Salinas Community Center. The Workshop is sponsored by Planned Parenthood of Monterey County and the Salinas Adult School. A registration fee includes lunch.

Dr. Cassell, author of the book entitled *Swept Away, Why Women Fear Their Own Sexuality* will discuss the ambiguous sexual standards that cause women to confuse love and sex. "The central fact—and fault of women's sexuality," says Cassell, "is that all too often we deny responsibility for it: we wrap our desire in a cloak of romance..." Dr. Cassell addresses such issues as bargaining power, old and new rules, contraception, unintended pregancy, the male point of view, and self esteem.

In her role as sex educator and counselor, Dr. Cassell spent a decade researching the "swept away" psychology of women. The nationally acclaimed author is on a speaking tour in connection with the publication of her book, *Swept Away.* For registration information on the upcoming workshop in Salinas contact the Salinas Adult School, 758-9861. Continuing Education credit is available.

An informal wine and cheese reception and autograph party will be held Thursday evening, January 10, from 5-7 p.m. at the YWCA of the Monterey Peninsula 404 El Camino El Estero, Monterey. Dr. Cassell will give a short talk on "Beyond the Double Standard."

Stress And Quit Smoking Classes Will Be Offered

Start your new year off right -- register for a quit smoking or stress management class offered this month by the Monterey County Health Department. Stress Management classes will begin January 14 in Monterey and January 15 in Salinas. An eight-session Quit Smoking program will begin January 14 in Monterey and in Salinas, and on January 15 a class will begin in King City. All classes are held from 7 p.m. - 9 p.m. The fee for the four-session Stress Management class is $25 and $35 for the Quit Smoking program. No one is refused entry into the program if they cannot afford the fee. For more information, call 373-1667 or 757-1061.

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EYE-deas

by Drs. Irving and Kim Hartford

The Importance Of Regular Eye Examinations

Your eyes are the most complex organs you possess except for your brain. They are composed of more than two million interacting parts, and can process 36,000 bits of information every hour and distinguish 150 separate colors. Your eyes can discern the light of a candle at a distance of 14 miles, and provide you with 80 percent of your total knowledge. They can instantaneously set in motion hundreds of muscles and organs in your body. Your eyes lead you everywhere; around your home, in school, at work, in play. They help you do the things that bring you pleasure and rewards. But they are so much an automatic part of you that you might take them for granted. You might never give them a thought unless they let you down. Or, more precisely, unless you let them down. For your eyes are as much dependent on you as you are on them.

Although nature built in some safeguards to maintain the functions of your eyes and to prevent their injury, the job of maintenance and prevention is mostly yours. Only you can provide the right kind of care your eyes need. Only you can decide when to seek the care of a vision specialist. How well your eyes perform is largely up to you.

Although eyes work in the same general ways, no two people's eyes are exactly alike. They function differently. And that difference might just need some attention to help you see better. The parts of your eyes may change gradually as time passes. Or they may change relatively suddenly. Or they may be more or less different from the time you were born. Each part affects the other.

The most common eye problems affect your ability to see things clearly and sharply. Myopia or nearsightedness is the inability to clearly see things at a distance. People with uncorrected myopia may have difficulty driving a car, enjoying outdoor activities, seeing a movie, or engaging in classroom situations. A person with hyperopia or farsightedness can see distant objects more easily than near ones. For someone with hyperopia, reading or sewing can become difficult and result in such physical discomfort as headaches, burning senation in the eyes and nausea. Astigmatism is a condition which causes objects to appear distorted or blurred regardless of the distance. Amblyopia, commonly called "Lazy Eye" develops when, for any one of a number of reasons, one eye is significantly "stronger" than the other. Since amblyopia often is present in very young children, periodic examinations by an eye care professional should begin at approximately age three while it is still relatively easy to treat. Presbyopia is a common adult problem which is a loss of near focusing ability. Although it is often confused with farsightedness, presbyopia is a natural change that often develops as you and your eyes grow older. Your eyes also tend to become dryer as you grow older. In most cases, common vision problems can be treated with corrective lenses or other forms of treatment prescribed by your eye doctor.

Cataracts, glaucoma and detached retina are more serious conditions that if left undetected or untreated can cause blindness. Cataracts are cloudy patches that form on or inside the eye's lens. When the cloudy lens seriously impairs vision, it can be removed by surgery. Glaucoma is an eye disease in which excess fluid builds up inside the eyeball and causes pressure that can permanently damage the eye. Detached retina occurs when the light-sensitive layer of cells breaks loose from the underlying tissue. If detected early, these two latter eye problems may be corrected by surgery. Glaucoma may also be treated by medicine.

If you live a normal lifespan, your eyes will bring you almost 24 billion images of the world around you. And if you take care of your eyes those images will be as sharp and beautiful as can be. Treat them like the rare and precious possessions they are.

HELP YOUR HEART

American Heart Association

You may be one of the hundreds of thousands of Americans who have an artificial pacemaker. Your pacemaker is medical science's answer to the electrical problems of your heartbeat.

When something interferes with the electrical impulses of your heat's natural pacemaker, the heart may pump blood too quickly, slowly or irregularly. The artificial pacemaker is a small unit that uses batteries to produce the impulses needed to make your heart pump efficiently. The impulses flow through tiny wires to your heart. They are timed to flow at a certain pace just as the impulses from your body's own pacemaker used to do. With the help of the artificial pacemaker, your heart should pump almost as well as it did before.

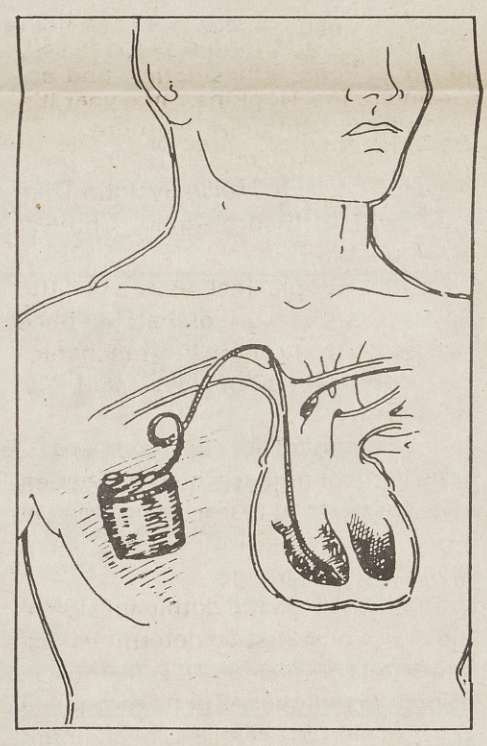
The batteries that supply the electrical impulses may wear out over a period of time and must be replaced. Replacement requires only a minor surgical procedure. As the batteries wear out, the pacemaker slows down, but it will not stop suddenly. Your first warning will be a change in your pulse rate.

Counting your pulse is a good way to see if your pacemaker is working properly. Your heartbeat, or pulse, can be felt by placing your fingertips on a point inside of your wrist, or over the neck vessels. The number of pulses per minute is the same as the number of times your heart pumps. Your doctor or nurse can tell you how many times your heart should beat per minute.

Help your heart! Count your pulse as often as your doctor advises, or at least once a day. Count it for one full minute. then write down the number of beats, the date and the time. Show your doctor this information at your next visit. If your pulse rate drops suddenly to around 40 or 50 beats per minute, usually within the first few months after the pacemaker was installed, you should call your doctor immediately. A wire may be broken or there may be some other malfunction of the pacemaker.

Your dentist needs to know you have a pacemaker. Tell him *before* you have any work done. You also should use caution around microwave ovens and similar devices since older devices may not be well shielded.

Thousands of people who have artificial pacemakers continue to lead full lives. Pacemakers are usually quite safe and reliable, but they do have to be checked regularly. In addition to checking yours by counting your pulse, you can help by taking your medicine as prescribed and by seeing your doctor regularly.



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Health Clinics For Peninsula Area Announced

The County Health Department announced its Public Health Clinic schedule for the Monterey Peninsula for the remainder of January. There is a small fee for many clinic services. For further information call 899-4267.

No appointments are needed at the following clinics held at the Seaside Health Office, 1291 Olympia Avenue: Immunization Clinic will be held on Thursdays from 8:15-10:30 a.m. Immunizations such as diptheria, tetanus and pertussis, polio, measles, mumps and rubella are available at a cost of $5 per visit. Parents must accompany youngsters under 18 years of age to the Immunization Clinic to sign consent forms authorizing the shots Tuberculosis skin tests for employment are provided for an $8 fee. There will be no Tuberculosis skin testing on January 17.

Cholera immunizations required for international travel are availabel for a fee. Yellow Fever immunizations required of international travel are available in Salinas by appointment for a fee.

The General Prevention Clinic offers required blood testing for marriage and rubella immunization for women for a fee. Tuberculosis skin tests for employment are offered for a fee of $8. Treatment for lice and scabies is offered for a fee. Clinic hours are Mondays from 1-4 p.m or Tuesdays from 8:15-10:30 a.m.

Confidential diagnosis and treatment for venereal disease is offered for $10 per episode on Tuesdays from 1-4 p.m. and Thursdays from 1-4 p.m.

The following services are available at the Seaside Health Office or in the vicinity by appointment:

Well Baby and Child Health Screening examinations are available in Seaside and Monterey. There is a fee of $20 per visit. Call 899-4271 for an appointment.

Free health check-ups for older adults are given at various clinic locations. Call 899-4271 for the clinic site phone number.

Prenatal care clinics are held weekly and charges will vary according to the services provided. Call 757-1061 for an appointment.

The following services are provided at the Health Department Office in Monterey, County Courthouse at 1200 Aguajito Road: Mental Health Outpatient Services, phone 373-6188; Environmental Health, phone 373-0111. WIC Food Coupons are offered at the Monterey Office on Mondays, Tuesdays, Thursdays and Fridays from 8-11:30 a.m. and 1-4:30 p.m. Call 373-7725 for information and appointment.

Pregnancy testing and contraceptive services are available through Planned Parenthood of Monterey County. For an appointment, call 373-1691.

The Health Department will accept payment by check, cash, private insurance and Medi-Cal. No person will be denied service because of inability to pay.

Super CPR Weekend Offers Free Classes

Monterey, Santa Cruz and San Benito county residents who have vowed to learn cardiopulmonary resuscitation (CPR) life saving techniques, but have never done so, can enroll in a free class during Super CPR Weekend.

On Saturday, January 12th, instructors will teach CPR classes at Fort Ord for base personnel, Salinas Valley Memorial Hospital, Gonzales Fire Department, Community Hospital of Santa Cruz, and Scotts Valley Fire District.

KNTV, Channel 11 in San Jose, is sponsoring Super CPR Weekend with the American Heart Association and the American Red Cross. Call the local American Heart Association, Central Mission Trails Chapter, 10 San Miguel Avenue, Salinas to enroll in a free class. Phone 372-0485, 688-7272, or 757-6221.

January Has Been Chosen As National Blood Donor Month

Monterey Peninsula residents are asked to roll up their sleeves and donate blood again during the month of January, which is National Blood Donor Month.

January was chosen as national Blood Donor month because it is the time of year when usage is very high and donor giving is usually very low.

"People understand and respond well to appeals made during the holidays, but do not understand that the high usage during this time of the year does not end on December 31st, but remains elevated through most of the month of January," explained Dr. David Borucki, medical director of the Blood Center at Community Hospital.

Last year 7,538 units of blood and components were transfused at Community Hospital, which translates into a need for approximately 20 donors a day, Dr. Borucki noted. Each donor gives one unit per donation and can donate 5 times a year.

Giving blood is a simple process, according to Dr. Borucki. It takes between 35-40 minutes; 15 minutes for the interview and mini-physical, 6 minutes for the actual donation, and 15 minutes for rest and refreshments. The volume withdrawn during the donation comprises less than 10 percent of the body's total volume and is restored within the next few hours.

"Yet that simple process can have far-reaching results," Dr. Borucki stated. "A single pint of blood can be split into as many as three components for each donation. These components can then be used to treat several patients suffering from diseases such as leukemia, carcinoma, bleeding ulcers, or patients who have lost blood as a result of accident or injury, or in surgery."

New donors or seasoned donors who have lost the habit of donating are asked to make an appointment to donate by calling the Community Hospital Blood Center at 625-4814.

Free Back School Offered

"Oh, my aching back."

You can learn how to avoid back injury or live more happily with a "bad back" at a free "Back School" which is being offered by Stephen C. Rickard, D.C.

The "Back School" is scheduled for two consecutive Tuesdays beginning January 15, from 7:30 to 9 p.m. It will be held at The Back Shop, 125 Ocean View Boulevard, Pacific Grove.

"I feel strongly that the only truly lasting solution to the epidemic of back pain syndromes in todays society is to learn how and why they occur, and how to avoid them," said Dr. Rickard, who will be instructing the class. The class will include basic anatomy and physiology of the spine, the most common injuries to the back and specific instructions on how to avoid back injury or live more happily with a "bad back."

Seating is limited and reservations are suggested. For further information call 624-8558 or 373-6161.

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ANIMAL TRACKS

Courtesy of Monterey County SPCA
by Robin Maurice
Public Relations Director

Looking For Heros

The Monterey County Society for the Prevention of Cruelty to Animals, in recogniion of the outstanding contribution animals have made to our lives, hopes to present a Heroic Animal Award at the MCSPCA annual membership meeting to be held at noon on February 9, 1985 at the Hyatt Regency in Monterey. Nominations for the award are now being accepted.

This award, to be presented to a heroic animal in Monterey County, will recognize an outstanding service or daring act which either enhanced the quality of a person's life or somehow aided in preserving the health, life or property of an individual.

Awards given nationally by various groups have honored animals that alerted their owners to fire, burglars or dangerous animals. Awards have also been given to faithful seeing or hearing dogs and cats.

To nominate a heroic animal for this award, simply state the facts in a letter, including date, name and phone number as well as any other pertinent photographs, newspaper articles, or documentation. Entries should be sent to: Heroic Animal, Monterey County SPCA, P.O. Box 3058, Monterey, CA 93942. Entries should be received by January 31, 1985.

ANIMAL ISSUES...
News and Views

1984 Legislative Update

With the enactment of two major pieces of legislation, thousands of animals could be spared needless suffering in 1985.

The Society for Animal Protective Legislation, in Washington D.C., has just released a special update reporting the status of two major legislative efforts from last year.

H.R 1797, the 1984 bill to end the use of the outmoded steel jaw trap, will be re-introduced as new legislation in 1985. A new chief sponsor will soon emerge from among the 125 co-sponsors of the bill. Previous chief sponsor, Congressman Long was defeated in the Maryland election.

Last year's H.R. 5725, the bill to reduce unnecessary laboratory animal suffering, will also be re-introduced in the House of Representatives. Chief sponsor, George E. Brown, Jr., was re-elected by a large margin, and will push hard to see this bill enacted in 1985.

Senator Robert Dole, chief sponsor of the laboratory animal bill's Senate counterpart, S.657, was elected Majority Leader of the Senate. He has long been a respected leader in animal protective legislation.

Both the Dole and Brown lab animal bills are moderate and sensible. With proper effort, they stand an excellent chance of becoming law.

Hard work will be required to obtain enactment of the steel jaw trap bill and the laboratory animal bills in 1985. Public support is crucial.

Interested persons can help by writing letters to their representatives in support of the needed legislation, and by encouraging friends and relatives to take an interest.

Further information and leaflets are available at no cost from The Society for Animal Protective Legislation. Write P.O. Box 3719, Georgetown Station, Washington D.C. 20007. Telephone (202) 337-2334. Locally, interested persons can contact Mary Tesoro at 659-2041.

Audubon Society Will Hold Annual Meeting

There will be a general meeting for members of the Monterey Peninsula Audubon Society on January 12.

The speaker for the meeting will be John Warriner who will talk on the Snowy Plover banding project being conducted by Point Reyes Bird Obsedrvatory on the West Coast. Announcements and refreshments follow the program which is free to the public.

A field trip through Garland Ranch Regional is scheduled for January 12. Bird enthusiasts will meet at 8:30 a.m. at the park parking lot. For more information call 624-8125.

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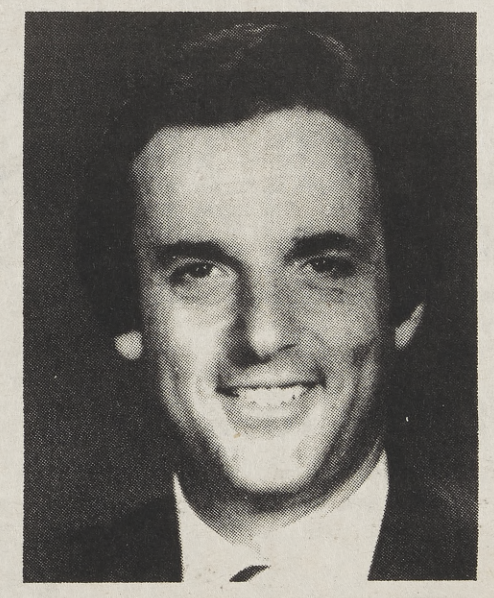
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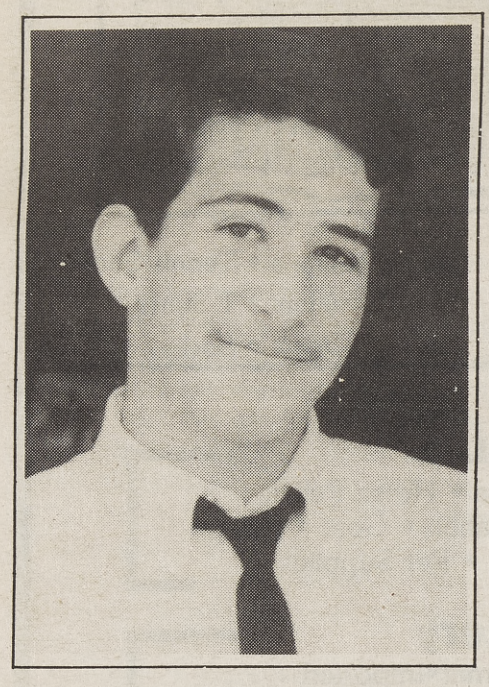
VALLEY VOICES

Photos by Debi Effron.

What do you look forward to in 1985?



Sam Klemek—Freshman, Carmel High

"I look forward to being more independant; being my own person; also trying to establish myself in the community by being more involved and meeting new people."

Sandi Christensen—Owner, Sandi's Fashions

"Oh, there's a million things! I'm looking forward to the whole year, actually, and another wonderful year of living here in the valley."

Jim Poulos—Owner, Village Market

"I look forward to making new friends in the valley and letting them know we're here to help them. I wish them all a Happy New Year."

Sheila St. Germain—Former Running Iron bartender

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SPECIAL ANNOUNCEMENTS

Anyone interested in forming a weekly at home parent/child playgroup for children 6 mos. —36 mos. in Village area call Chris Devaul 659-4568.

STAR SEARCH see face to face column this issue for info. Call for interview 659-5586 Anyone and everyone can be a model. It's up to you!

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The Carmel Valley Post Office will be accepting applications for the position of Rural Carrier Relief. This is a non-career indefinite appointment with the employee assigned as a relief or leave replacement on one to three established rural routes during the absence of the regular rural carrier. This position requires use of employee's own vehicle, which must be suitable for servicing of mail boxes. Applicant must have an excellent driving record and be in good health. Applications may be picked up in Postmaster's office.

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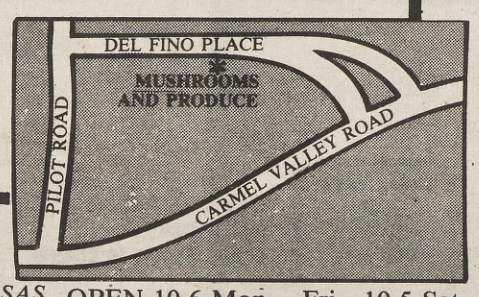

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